



Zesty Honey-Lemon Chicken

with Savoury Rice and Zucchini

30 Minutes



Chicken Breasts



All-Purpose Flour



Chicken Broth Concentrate



Lemon



Honey



Garlic Powder



Basmati Rice



Zucchini



Mirepoix

HELLO MIREPOIX

A classic flavour base made up of carrots, celery and onions!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, zester, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels, medium bowl

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
All-Purpose Flour	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Lemon	1	2
Honey	2 tbsp	4 tbsp
Garlic Powder	1 tsp	2 tsp
Basmati Rice	¾ cup	1 ½ cups
Zucchini	200 g	400 g
Mirepoix	113 g	227 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook rice

- Heat a medium pot over medium-high heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **mirepoix**. Cook, stirring occasionally, until softened slightly, 2-3 min. Season with **pepper** and **¼ tsp salt** (dbl for 4 ppl).
- Add **rice**, **half the broth concentrate**, **half the garlic powder** and **1 ¼ cups water** (dbl for 4 ppl), then stir to combine.
- Cover and bring to a simmer over high.
- Once simmering, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook zucchini

- While **chicken** roasts, carefully wipe the same pan clean, then heat over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt**, **pepper** and **remaining garlic powder**. Cook, stirring often, until fragrant, 30 sec.
- Transfer **zucchini** to a plate. Cover to keep warm.
- Carefully wipe the pan clean.



Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Zest, then juice **lemon**.
- Add **honey**, **half the flour**, **lemon juice**, **remaining broth concentrate** and **½ cup warm water** (dbl for 4 ppl) to a small bowl, then whisk until smooth. (**NOTE:** This is your honey-lemon sauce.)



Cook honey-lemon sauce

- When **chicken** is almost done, heat the same pan over medium-high.
- When hot, add **honey-lemon sauce**, then bring to a simmer. Simmer, whisking occasionally, until **sauce** thickens slightly, 30 sec. Season with **salt** and **pepper**, to taste.
- Remove the pan from heat.
- Add **lemon zest**, **1 tbsp butter** (dbl for 4 ppl) and **any juices** from the baking sheet with **chicken**, then stir until **butter** melts.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **chicken** dry with paper towels.
- Add **chicken**, **half the remaining garlic powder** and **remaining flour** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown, 1-2 min per side.
- Transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven until cooked through, 8-10 min.**



Finish and serve

- Fluff **rice** with a fork.
- Thinly slice **chicken**.
- Divide **rice** between plates. Top with **zucchini**, then **chicken**.
- Spoon **honey-lemon sauce** over **chicken**.

Dinner Solved!