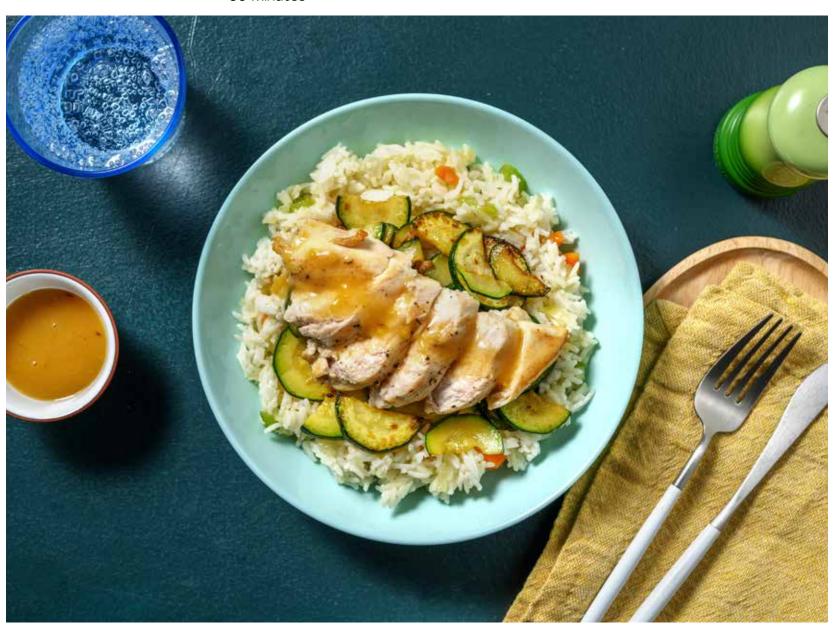


Zesty Honey-Lemon Chicken

with Savoury Rice and Zucchini

30 Minutes





Chicken Breasts



All-Purpose Flour

Lemon

Garlic Powder

Zucchini









Honey



Basmati Rice





Mirepoix

Start here

- Before starting, preheat the oven to
- 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

Ingradients

2 Person	4 Person
2	4
1 tbsp	2 tbsp
1	2
1	2
2 tbsp	4 tbsp
1 tsp	2 tsp
¾ cup	1 ½ cups
200 g	400 g
113 g	227 g
2 tbsp	4 tbsp
	2 1 tbsp 1 1 2 tbsp 1 tsp 34 cup 200 g 113 g

- * 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 1/4 tsp salt (dbl for 4 ppl).
- Add rice, half the broth concentrate, half the garlic powder and 1 1/4 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 1/4-inch half-moons.
- Zest, then juice lemon.
- Add honey, half the flour, lemon juice, remaining broth concentrate and 1/3 cup warm water (dbl for 4 ppl) to a small bowl, then whisk until smooth. (NOTE: This is your honey-lemon sauce.)



Cook chicken

- · Heat a large non-stick pan over mediumhigh 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 goldenbrown, 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.**



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.



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!