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# Italian-Spiced Chicken

with Tomato Rice & Roasted Green Beans

Italian seasoning and blackening spice gives this pan-seared chicken a major flavor kick. Tangy tomato rice and roasted green beans completes this simple yet tasty dinner.

- 35 min
- level 1
- nut free
- gluten free
- dairy free



Chicken Breasts



Brown Rice



Lemon



Blackening Spice



Italian Seasoning



Crushed Tomatoes



Parsley



Green Beans

## Ingredients

Chicken Breasts	24 oz
Brown Rice	1 c
Lemon	1
Blackening Spice	2 T
Italian Seasoning	2 T
Crushed Tomatoes	1 box
Parsley	¼ oz
Green Beans	12 oz
Olive Oil*	4 t

4 People

\*Not Included

## Allergens

None

## Tools

Small Pot,  
Baking Sheet,  
Peeler, Stainer  
Large Pan

Ruler

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**Nutrition per person** Calories: 467 cal | Fat: 9 g | Sat. Fat: 1 g | Protein: 47 g | Carbs: 55 g | Sugar: 7 g | Sodium: 310 mg | Fiber: 7 g

*Make sure to wash and dry produce before prepping or cooking!*



**1 Prep and cook the rice:** Preheat the oven to 400 degrees. In a small pot, bring **3 cups water** and a large pinch of salt to a boil. Once boiling, add the **rice**, cover, and reduce to a simmer for 25-35 minutes, until tender. Drain.

**2 Prep the remaining ingredients:** Roughly chop the **parsley** leaves and stems, keeping both separate. Halve the **lemon**, cutting one half into wedges. Trim the **green beans**.



**3 Roast the green beans:** Toss the **green beans** on a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 12-15 minutes until slightly charred and tender.

**4 Butterfly the chicken breasts:** place your hand on top of the **chicken breast**, then slice into the center of the meat, parallel to the cutting board, until almost through. Open the chicken up like a book. Repeat with remaining chicken breasts.



**5 Season and cook the chicken:** Heat a large drizzle of **oil** in a large pan over medium-high heat. Season the **chicken** on all sides with the **blackening seasoning**, **Italian seasoning**, **salt**, and **pepper**. Working in batches, add the **chicken** to the pan and cook for 3-5 minutes per side, or until cooked through. Set aside. **HINT:** You can reheat the cooked chicken in the oven before serving, if necessary.



**6 Make the tomato rice:** Add the **cooked rice** to the same pan over medium heat. Stir in the **crushed tomato** and the **chopped parsley stems**. Scrape up any bits from the bottom of the pan with a wooden spoon. Taste and season with **salt**, **pepper**, and a squeeze of **lemon**.

**7 Finish and plate:** Plate the **tomato rice** with the **roasted green beans** alongside. Top with the **Italian-spiced chicken** and garnish with the **chopped parsley leaves** and a wedge of **lemon**. Enjoy!