



Breaded Baked Chicken

with Buttery Rice and Lemony Mayo

30 Minutes



Chicken Breasts



Parboiled Rice



Green Beans



Green Peas



Lemon



Panko Breadcrumbs



Mayonnaise



Garlic Salt

HELLO LEMON

Punch up the flavour of mayo with a sprinkle of lemon zest!

Start here

- Before starting, preheat oven to 425°F.
- Wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Parboiled Rice	¾ cup	1 ½ cups
Green Beans	170 g	340 g
Green Peas	56 g	113 g
Lemon	1	1
Panko Breadcrumbs	½ cup	1 cup
Mayonnaise	4 tbsp	8 tbsp
Garlic Salt	2 tsp	4 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
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.

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Cook rice

- Add **1 ¼ cups water** (dbl for 4 ppl) and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Add **rice** and **peas** to the **boiling water**. Reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **breaded chicken**. (NOTE: For 4 ppl, cook in 2 batches, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown, 1-2 min per side.
- Transfer **chicken** to a parchment-lined baking sheet.
- Bake in the **middle** of the oven until cooked through, 12-14 min.**
- Carefully wipe the pan clean.



Prep and make lemony mayo

- Meanwhile, trim, then halve **green beans**
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **lemon zest**, **½ tsp lemon juice**, **3 tbsp mayo** and **¼ tsp sugar** (dbl all for 4 ppl) to a small bowl. Season with **pepper**, then stir to combine.



Cook green beans

- Reheat the same pan over medium-high.
- When hot, add **green beans**, **remaining garlic salt** and **¼ cup water** (dbl for 4 ppl). Season with **pepper**. Cook, stirring occasionally, until **water** evaporates and **green beans** are tender-crisp, 4-5 min.



Prep and coat chicken

- Meanwhile, add **panko** to a shallow dish.
- Pat **chicken** dry with paper towels, then season with **½ tsp garlic salt** (dbl for 4 ppl) and **pepper**.
- Add **chicken** and **remaining mayo** to a medium bowl. Toss to coat.
- Working with **one chicken breast** at a time, press both sides into **panko** to coat completely.



Finish and serve

- Fluff **rice** with a fork. Add **1 tbsp butter** (dbl for 4 ppl). Stir until melted and combined.
- Divide **chicken**, **green beans** and **rice** between plates.
- Serve **lemony mayo** alongside for dipping.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!