



# Breaded Chicken

with Honey-Parsley Carrots and Lemon Mayo

Family Friendly 35 Minutes



Chicken Breasts



Basmati Rice



Carrot



Parsley



Italian Breadcrumbs



Mayonnaise



Garlic, cloves



Honey



Lemon



Red Onion



Chicken Broth Concentrate

## HELLO LEMON ZEST

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

## Start here

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

### Garlic Guide for Step 2 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

## Bust out

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

## Ingredients

	2 Person	4 Person
Chicken Breasts *	2	4
Basmati Rice	¾ cup	1 ½ cups
Carrot	340 g	510 g
Parsley	7 g	7 g
Italian Breadcrumbs	½ cup	1 cup
Mayonnaise	¼ cup	½ cup
Garlic, cloves	1	2
Honey	1 tbsp	2 tbsp
Lemon	1	1
Red Onion	56 g	113 g
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



## Cook rice

Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces. Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **onions**. Cook, stirring often, until **onions** soften, 2-3 min. Add **broth concentrate** and **1 ¼ cups water** (dbl for 4 ppl). Bring to a boil over high heat. Once boiling, 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.



## Finish chicken

Transfer **breaded chicken** to a parchment-lined baking sheet. Bake in the **middle** of the oven until cooked through, 12-14 min.\*\* Meanwhile, wipe the same pan clean, then heat over medium-high.



## Prep

Meanwhile, peel, then halve **carrots** lengthwise, then cut into ½-inch half-moons. Zest, then juice **lemon**. Roughly chop **parsley**. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Stir together **mayo**, **half the lemon zest** and **¼ tsp garlic** in a small bowl. (NOTE: Reference garlic guide.) Reserve **1 ½ tbsp lemon mayo** (dbl for 4 ppl) in a large bowl.



## Cook carrots

When the pan is hot, add **carrots**, **honey**, **¼ cup water** and **1 tbsp butter** (dbl both for 4 ppl). Simmer, stirring occasionally, until **carrots** are tender and **liquid** is absorbed, 9-10 min. Remove the pan from heat. Add **half the parsley** and **1 tsp lemon juice** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine.



## Bread and pan-fry chicken

Add **breadcrumbs** to a shallow dish. Add **chicken** to the large bowl with **lemon mayo**, then toss to coat. Working with **one chicken breast** at a time, press both sides into **breadcrumbs** to coat completely. Carefully shake off any excess breadcrumbs. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then **breaded chicken**. (NOTE: For 4 ppl, cook chicken in batches, using 1 tbsp oil per batch.) Pan-fry until golden-brown, 1-2 min per side.



## Finish and serve

Fluff **rice** with a fork. Season with **salt**, then stir in **remaining parsley** and **remaining lemon zest**. Divide **rice**, **chicken** and **honey-parsley carrots** between plates. Serve **lemon mayo** on the side for dipping.

## Dinner Solved!