



CORNFLAKE AND HONEY-CRUSTED CHICKEN

with Roasted Broccoli and Yellow Rice with Peas



HELLO TURMERIC

An ancient spice used for its many health-promoting properties

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 582



Chicken Breasts



Corn Flakes



Smoked Paprika



Garlic Powder



Chicken Broth Concentrate



Broccoli, florets



Basmati Rice



Honey



Peas



Onion, chopped



Turmeric

BUST OUT

- Large Zip-Top Bag
- Medium Pot
- Rolling Pin
- Measuring Cups
- Parchment Paper
- Salt and Pepper
- 2 Baking Sheets
- Olive or Canola oil

INGREDIENTS

4-person

- Chicken Breasts 2 pkg
- Corn Flakes 1 2 pkg (2 cup)
- Smoked Paprika 1 pkg (1 tsp)
- Garlic Powder 1 pkg (2 tsp)
- Chicken Broth Concentrate 2
- Broccoli, florets 1 pkg (454 g)
- Basmati Rice 2 pkg (1 1/2 cup)
- Honey 4 pkg (4 tbsp)
- Peas 1 pkg (227 g)
- Onion, chopped 1 pkg (113 g)
- Turmeric 1 pkg (1 g)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 165°F.



START STRONG

Preheat your oven to **425°F** (to bake the chicken and broccoli). Start prepping when your oven comes up to temperature!



1 PREP Wash and dry all produce.* In a large zip-top bag, combine the **corn flakes**, **paprika** and **garlic powder**. Season with **salt** and **pepper**. Using a rolling pin, crush the corn flakes inside the bag into a breadcrumb-like texture. Coat the **chicken** in the **honey**, then place in the bag. Press the chicken firmly into the corn flake mixture and turn to cover both sides.



4 COOK RICE Meanwhile, heat a medium pot over medium heat. Add a drizzle of **oil**, then the **onion**. Cook, stirring occasionally, until golden-brown, 5-6 min. Add the **rice** and **turmeric**. Stir for 1 min. Add the **broth concentrates** and **3 cups salted water**. Boil, then reduce the heat to low. Cover and cook until all the water is absorbed, 10-12 min.



2 BAKE CHICKEN On a parchment-lined baking sheet, lay the **chicken breasts**. Bake in the centre of the oven, until crispy, golden-brown and cooked through, 20-25 min. (**TIP:** Cook to a minimum internal temperature of 165°F.**)



5 FINISH RICE Add the **peas** to the **rice**. Stir until warmed through, 1-2 min.



3 ROAST BROCCOLI Meanwhile, on another baking sheet, toss the **broccoli** with a drizzle of **oil**. Season with **salt** and **pepper**. Bake in the centre of the oven, stirring halfway through, until golden-brown, 14-16 min.



6 FINISH AND SERVE Slice the **chicken**. Divide the chicken, **rice** and roasted **broccoli** between plates.

CRUNCHY!

Who knew a breakfast cereal could add such serious crunch to chicken?