



**HELLO
FRESH**

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Tomato



1 | 1
Lemon



¼ oz | ½ oz
Cilantro



1 | 2
Microwavable
Grain Blend
Contains: Wheat



8.6 oz | 17.2 oz
Fully Cooked
Chicken Breasts



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



1 tsp | 1 tsp
Garlic Powder

CHICKEN & TOMATO GRAIN BOWLS

with Garlicky White Sauce & Lemon



✓ **READY, SET,
LUNCH!**



ANY ISSUES WITH
YOUR ORDER?
SCAN HERE TO
GET HELP!

TOTAL TIME: 10 MIN | CALORIES: 560



BUST OUT

- Paper towels
- Plastic wrap
- Small bowl
- Olive oil (1 tsp | 1 tsp)
- Kosher salt
- Black pepper

GRAIN EVENT

Our grain blend is a combo of colorful rices and other grains like bulgur and barley. Massaging the bag a bit before microwaving helps separate the grains for more even heating.

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CHICKEN & TOMATO GRAIN BOWLS

with Garlicky White Sauce & Lemon

INSTRUCTIONS

- **Wash and dry produce.**
- Dice **tomato** into ¼-inch pieces. Quarter **lemon**. Roughly chop **cilantro**. Drizzle tomato with **olive oil** and season with **salt** and **pepper** to taste.
- Massage **grain blend** in package; partially open top. Pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Slice chicken crosswise and place on a microwave-safe plate; cover with plastic wrap. Microwave grain blend and chicken until heated through, 2-3 minutes. (**Microwave in batches for 4 servings.**) Fluff grains with a fork and season with **salt**.
- Meanwhile, in a small bowl, combine **crème fraîche**, **mayonnaise**, **half the garlic powder** (all for 4 servings), **juice from one lemon wedge** (juice from two lemon wedges for 4), and a **pinch of salt and pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.
- Divide **grain blend** between bowls. Top with **chicken**, **marinated tomato**, and **garlicky white sauce**. Sprinkle with **cilantro** and serve with **remaining lemon wedges** on the side.