



Crispy Chicken

with Honey-Parsley Carrots and Lemon Mayo

Family Friendly 35 Minutes



Chicken Breasts



Basmati Rice



Carrot



Parsley



Italian Breadcrumbs



Mayonnaise



Garlic



Honey



Lemon



Shallot



Chicken Broth Concentrate

HELLO CRISPY CHICKEN

Italian breadcrumbs are the secret to this crispy chicken!

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 cup |
| Carrot | 340 g | 510 g |
| Parsley | 7 g | 14 g |
| Italian Breadcrumbs | ½ cup | 1 cup |
| Mayonnaise | ¼ cup | ½ cup |
| Garlic | 3 g | 3 g |
| Honey | 1 tbsp | 2 tbsp |
| Lemon | 1 | 1 |
| Shallot | 50 g | 50 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 our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Cook rice

Peel, then finely chop **shallot**. Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shallot**. Cook, stirring often, until softened, 1-2 min. Add **rice, broth concentrate** and **1 ½ cups water** (dbl for 4 ppl). Cover and bring to a boil. Once boiling, reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Finish chicken

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



Prep

While **rice** cooks, 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 pan from heat. Add **half the parsley** and **1 tsp lemon juice** (dbl for 4 ppl). Season with **salt** and **pepper**. Stir to combine.



Prep and start chicken

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



Finish and serve

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

Dinner Solved!