



LEMON GARLIC CHICKEN & GREEN BEANS

with Almond Rice

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Jasmine Rice



6 oz | 12 oz
Green Beans



2 Cloves | 4 Cloves
Garlic



1 | 2
Lemon



10 oz | 20 oz
Chicken Breast
Strips



1 TBSP | 1 TBSP
Tuscan Heat
Spice



2 TBSP | 4 TBSP
Garlic Herb
Butter
Contains: Milk



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



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HELLO

GARLIC HERB BUTTER

This aromatic spread delivers a luxurious
weeknight shortcut.



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 650



GO NUTS

If you have a few minutes, toast the almonds in a dry pan over medium heat until golden; it'll amp up flavor and crunch.

BUST OUT

- Small pot
- Zester
- Large pan
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 COOK RICE

- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



3 COOK CHICKEN

- Pat **chicken*** dry with paper towels and season all over with **half the Tuscan Heat Spice (all for 4 servings)**, **salt**, and **pepper**.
- Add another **drizzle of oil** to pan with **green beans**. Add chicken; cook, stirring occasionally, until chicken is browned and cooked through, 4-6 minutes.
- In the last 2 minutes of cooking, add **minced garlic**, **garlic herb butter**, and **1 TBSP plain butter (2 TBSP for 4)**; toss to coat. Turn off heat.
- Add a **squeeze of lemon juice (big squeeze for 4)**.



2 PREP & COOK GREEN BEANS

- Meanwhile, **wash and dry produce**.
- Trim **green beans** if necessary. Peel and mince **garlic**. Zest and quarter **lemon**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **green beans** and a **pinch of salt and pepper**. Cook, stirring occasionally, until lightly browned and softened, 4-6 minutes.



4 FINISH & SERVE

- Fluff **rice** with a fork. Stir in **lemon zest** and **half the almonds**. Season with **salt** and **pepper** to taste.
- Divide rice between bowls; top with **chicken and green beans**. Garnish with remaining almonds and serve with **remaining lemon wedges** on the side.

*Chicken is fully cooked when internal temperature reaches 165°.