



More than Food

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## Corn Flake and Honey-Crusted Chicken

with Parmesan Broccoli and Yellow Rice with Peas

Let's not limit cereal to breakfast time—it has a place at the dinner table too! We're using corn flakes for a crispy-crunchy coating on juicy chicken breasts. A hint of honey, paprika, and garlic perfects the sweet and salty flavor combo. A sprinkle of Parmesan over broccoli adds a crispy, cheesy finish.



Chicken Breasts



Corn Flakes



Broccoli Florets



Peas



Yellow Rice



Parmesan Cheese



Paprika



Garlic Powder



Honey

## Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Corn Flakes	1) 1 C	2 C
Broccoli Florets	6 oz	12 oz
Peas	4 oz	8 oz
Yellow Rice	½ C	1 C
Parmesan Cheese	2) ¼ C	½ C
Paprika	1 t	2 t
Garlic Powder	1 t	2 t
Honey	1 T	2 T
Oil*	2 t	4 t

\*Not Included

## Allergens

- 1) Wheat
- 2) Milk

## Tools

Small Pot, Baking Sheet, Paper/Plastic Bag

Ruler

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**Nutrition per person** Calories: 596 cal | Carbs: 71 g | Fat: 12 g | Protein: 53 g | Fiber: 7 g | Sodium: 973 mg



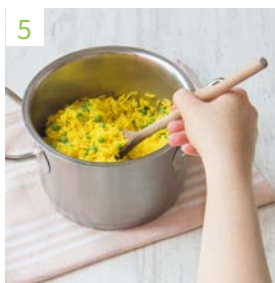
**1** Preheat the oven to 400 degrees. In a small pot, bring **1½ cups water** with a large pinch of **salt** to a boil. Add the **yellow rice**, reduce to a simmer and cook, covered, for about 15 minutes until tender. Remove the pot from the heat and keep covered.



**2** **Prep the chicken:** in a large plastic or paper bag, combine the **corn flakes, paprika, garlic powder**, and a large pinch of **salt** and **pepper**. Break up the corn flakes with a wooden spoon, or crush them inside the bag with your hands. Coat the **chicken breasts** with a thin layer of **honey** and season on all sides with **salt** and **pepper**. Place the **chicken breasts** into the plastic bag to coat on all sides with the corn flake mixture.



**3** Place the **chicken breasts** on one side of a lightly oiled baking sheet. On the other side, toss the **broccoli florets** with **2 teaspoons oil** and a pinch of **salt** and **pepper**. Place the baking sheet in the oven to cook for 15-20 minutes, until the **chicken** is cooked through and the **broccoli** is golden brown.



**4** When the **chicken** is cooked, remove it from the oven and let it rest for 5 minutes. Sprinkle the **Parmesan cheese** over the **broccoli** on the baking sheet and return it to the oven for 3-4 minutes until the cheese is melted and beginning to crisp.

**5** Meanwhile, add the **peas** to the **yellow rice** and fluff with a fork to combine and heat through. Thinly slice the **chicken** and serve alongside the **yellow rice** and **Parmesan broccoli**. Enjoy!