



LEMONY CHICKEN & ZUCCHINI RICE BOWLS

with Chicken Thighs & Garlic Crema

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Lemon-Herb Diced
Chicken Thighs



1 | 2
Red Onion



¾ Cup(s) | 1½ Cup(s)
Jasmine Rice



1 tsp | 2 tsp
Garlic Powder



1 | 2
Lemon



1 | 2
Zucchini



2 | 4
Scallions



1 | 2
Chicken Stock
Concentrate



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

HELLO

LEMON-HERB CHICKEN

There's no need to marinate our bright, fresh, flavorful chicken thighs—we did it for you!



PREP: 10 MIN | COOK: 20 MIN | CALORIES: 610



SQUEEZE THE DAY

Firmly roll the lemon on the countertop with your palm before quartering. This quick hack softens the fruit, helping it yield more juice.

BUST OUT

- Small pot
- Large pan
- Small bowl
- Kosher Salt
- Black Pepper
- Cooking Oil

MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 COOK RICE

- In a small pot, combine **rice**, **stock concentrate**, **1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-20 minutes.
- Keep covered off heat until ready to serve.



3 COOK CHICKEN & VEGGIES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **zucchini**, **onion**, **salt**, and **pepper**. Cook, stirring occasionally, until just beginning to soften, 2-3 minutes.
- Open package of **chicken*** and drain off any excess liquid.
- Add chicken, **scallion whites**, and **remaining garlic powder** to pan with veggies; cook, stirring occasionally, until chicken is browned and cooked through, 4-6 minutes. Taste and season with **salt** and **pepper** if desired.



2 PREP & MIX CREMA

- While rice cooks, **wash and dry produce**.
- Quarter **lemon**. Trim and halve **zucchini** lengthwise; slice crosswise into ¼-inch-thick half-moons. Halve, peel, and slice **onion** into ¼-inch-thick wedges. Trim and thinly slice **scallions**, separating whites from greens.
- In a small bowl, combine **sour cream**, **¼ tsp garlic powder (you'll use the rest in the next step)**, a **squeeze of lemon juice**, and a **pinch of salt (for 4 servings, use ½ tsp garlic powder and a big squeeze of lemon juice)**. Add **water** 1 tsp at a time until mixture reaches drizzling consistency.



4 FINISH & SERVE

- Fluff **rice** with a fork; stir in a **squeeze of lemon juice (big squeeze for 4 servings)**. Taste and season with **salt** and **pepper** if desired.
- Divide **lemony rice** between plates or shallow bowls; top with **chicken and veggies**. Drizzle everything with **garlic crema** and garnish with **scallion greens**. Serve with **remaining lemon wedges** on the side.

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