



Breaded Baked Chicken

with Buttery Rice, Green Beans and Lemony Mayo

Family 30 Minutes



Chicken Breasts



Long Grain Rice



Green Beans



Green Peas



Lemon



Southwest
Spice Blend



Panko Breadcrumbs



Mayonnaise

HELLO PANKO BREADCRUMBS

This Japanese breadcrumb is light, airy and extra crispy!

Start here

- Before starting, preheat oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, medium bowl, measuring spoons, shallow dish, zester, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Long Grain Rice	¾ cup	1 ½ cup
Green Beans	170 g	340 g
Green Peas	56 g	113 g
Lemon	1	1
Southwest Spice Blend	1 tbsp	2 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Mayonnaise	4 tbsp	8 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
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.

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Prep and make lemony mayo

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Trim, then halve **green beans**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Stir together **half the mayo, lemon zest, ½ tsp lemon juice** and **½ tsp sugar** (dbl both for 4 ppl) in a small bowl. Season with **pepper**.



Cook chicken

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 in two batches for 4 ppl, using 1 tbsp oil for each batch!) Remove pan from heat, then transfer **chicken** to a parchment-lined baking sheet. Roast **chicken** in the **middle** of the oven, until cooked through, 12-14 min. ** Carefully wipe the pan clean.



Cook rice

Add **rice** to the **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 14-16 min. When **rice** is done, remove from heat and add **peas**. Cover and set aside.



Cook green beans

While **chicken** roasts, heat the same pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **green beans, remaining Southwest Spice Blend** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp and **liquid** is absorbed, 5-7 min. Season with **salt** and **pepper**.



Prep and coat chicken

While **rice** cooks, add **panko** to a shallow dish. Pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Add **chicken, half the Southwest Spice Blend** and **remaining mayo** to a medium bowl. Toss to coat. Working with **one chicken breast** at a time, press both sides into **panko** to coat completely.



Finish and serve

Fluff **rice** with a fork. Stir in **1 tbsp butter** (dbl for 4 ppl) until melted and combined. Season with **salt**. Thinly slice **chicken**. Divide **chicken, green beans** and **rice** between plates. Serve with **lemony mayo** on the side for dipping.

Dinner Solved!