



# Chicken Power Bowl with Seeds and Lemon Dressing

**PRONTO** 30 Minutes



Chicken Breasts



Basmati Rice



Cherry Tomatoes



Corn



Edamame



Lemon



Cilantro



Feta Cheese



Dijon Mustard



Salad Topper

## HELLO POWER BOWLS

Power bowls are a trendy dish that are easy to make at home

# Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

## Bust Out

Baking Sheet, Large Non-Stick Pan, Measuring Cups, Measuring Spoons, Medium Pot, Paper Towels, Small Bowl, Zester, Medium Bowl, Whisk

## Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Basmati Rice	¾ cup	1 ½ cup
Cherry Tomatoes	113 g	227 g
Corn	113 g	227 g
Edamame	56 g	113 g
Lemon	1	2
Cilantro	7 g	14 g
Feta Cheese	28 g	56 g
Dijon Mustard	1 ½ tsp	3 tsp
Salad Topper	28 g	56 g
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## 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

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## 1. PREP

Add **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high heat. Meanwhile, zest and juice **lemon**. Pat **chicken** dry with paper towels. Toss **chicken** with **lemon zest, mustard** and **1 tbsp oil** (dbl for 4 ppl) in a medium bowl. Season with **salt** and **pepper**. Toss to coat. Set aside.



## 2. COOK RICE

Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## 3. COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **chicken**. Pan-fry, until golden-brown, 1-2 min per side. Remove pan from heat and transfer **chicken** to a baking sheet. Bake in **middle** of oven, until cooked through, 8-10 min.\*\*



## 4. CHAR CORN & FINISH PREP

While **chicken** bakes, heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl) then **corn**. Cover and cook, stirring once halfway through cooking, until dark golden-brown, 4-6 min. Halve **tomatoes**. Roughly chop **cilantro**.



## 5. MAKE DRESSING & FINISH RICE

Whisk together **2 tbsp lemon juice**, **1 tsp sugar** and **2 tbsp oil** (dbl all for 4 ppl) in a small bowl. Season with **salt** and **pepper**. Fluff **rice** with a fork, then season with **salt**. Stir in **edamame** and **half the cilantro**.



## 6. FINISH AND SERVE

Slice **chicken**. Divide **rice** between bowls, then top with **charred corn, tomatoes** and **chicken**. Drizzle over the **dressing**. Crumble over **feta**, sprinkle over **salad topper** and **remaining cilantro**.

# Dinner Solved!