



Golden Crumbed Chicken

with rice and carrots

Family 35-40 mins

5



Chicken Breast



Onion



Basmati Rice



Honey



Carrot



Lemon



Aioli



Chicken Stock



Breadcrumbs

Pantry Items: Oil, Butter, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Zester, Baking Sheet with Baking Paper, Lid, Pot, Peeler

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Onion	½ unit	1 unit
Basmati Rice	150 g	300 g
Honey	1 sachet	2 sachets
Carrot	2 units	4 units
Lemon	1 unit	2 units
Aioli	1 sachet	2 sachets
Chicken Stock	1 sachet	2 sachets
Breadcrumbs	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	528.5 g	100 g
Energy (kJ/kcal)	3334.7 kJ/ 797 kcal	631 kJ/ 150.8 kcal
Fat (g)	22.1 g	4.2 g
Sat. Fat (g)	2.9 g	0.5 g
Carbohydrate (g)	104.7 g	19.8 g
Sugars (g)	15 g	2.8 g
Protein (g)	46.7 g	8.8 g
Salt (g)	1.8 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
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Cook the Rice

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and finely chop half the **onion** (double for 4p).
- Add **oil** to a large pot on medium heat. Add the chopped **onion**. Fry until softened, 4-5 mins. Stir occasionally.
- Add **rice, chicken stock** and 375ml **water** (double for 4p). Cover and bring to a boil. Once boiling, reduce heat to low. Cook covered until liquid is absorbed, 12-14 mins.

TIP: If you're in a hurry you can boil the water in your kettle.



Bake the Chicken

- Transfer the breaded **chicken** to a lined baking tray.
- Bake in the middle of the oven until cooked through, 12-14 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Wipe the pan clean and return to a medium-high heat with a drizzle of **oil**.



Get Prepped

- While the **rice** cooks, peel and halve the **carrots** lengthways. Cut into 2cm thick half-moons.
- Zest, then juice the **lemon**.
- Pat the **chicken** dry with kitchen paper, then season with **salt** and **pepper**.
- Mix the **aioli** with half the zest in a small bowl.



Cook Your Carrots

- When the pan is hot, add **carrots, honey**, 75ml **water** and 1 tbsp **butter** (double both for 4p).
- Simmer, stirring occasionally, until **carrots** are tender and liquid is absorbed, 9-10 mins.
- Remove pan from heat. Add 1 tsp **lemon** juice (double for 4p).
- Season to taste with **salt** and **pepper**. Stir to combine.



Fry the Chicken

- Add the **breadcrumbs** to a dish.
- Coat the **chicken** in half the **aioli** mixture. Working with one **chicken breast** at a time, press both sides into **breadcrumbs** to coat completely. Carefully shake off any excess **breadcrumbs**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Heat a drizzle of **oil** in a large pan over medium-high heat. When hot, add the breaded **chicken**.
- Fry until golden brown, 1-2 mins per side.



Finish and Serve

- Fluff the **rice** with a fork, then stir in remaining **lemon** zest. Season with **salt**.
- Divide the **rice, chicken** and **carrots** between plates.
- Serve remaining **aioli** mixture on the side, for dipping.

Enjoy!