



JAMMY RED PEPPER CHICKEN

with Lemony Green Beans & Scallion Rice

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1 Clove | 2 Cloves
Garlic



1 | 2
Lemon



½ Cup | 1 Cup
Jasmine Rice



6 oz | 12 oz
Green Beans



10 oz | 20 oz
Chicken Cutlets



1 | 2
Red Pepper
Jam



1 | 2
Chicken Stock
Concentrate



2 tsp | 4 tsp
Dijon Mustard

HELLO

RED PEPPER JAM

Tangy, sweet, and a little bit savory, this delectable spread stars in a sticky sauce for chicken cutlets.



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 610



HELLO FRESH

RICE IS NICE

The key to the perfect pot of rice? Let it do its thing! Once your water boils in step 1, immediately cover the pot with a tight-fitting lid and reduce the heat to its lowest setting. Let it simmer until no water remains (and resist the urge to peek!). Finally, let the pot sit covered off heat while you cook the rest of the meal. This crucial step allows the moisture to redistribute, giving you tender, fluffy grains every time.

BUST OUT

- Zester
- Small pot
- Baking sheet
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (**1 TBSP** | **1 TBSP**)
- Butter (**2 TBSP** | **4 TBSP**)
Contains: Milk

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



1 PREP & COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Peel and mince **garlic**. Zest and quarter **lemon (for 4 servings, zest one lemon and quarter both).**
- Melt **1 TBSP butter (2 TBSP for 4)** in a small pot over medium-high heat. Add **scallion whites** and garlic; cook until fragrant, 1-2 minutes.
- Add **rice, ¾ cup water (1½ cups for 4),** and a **pinch of salt.** Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to use in step 5.



4 MAKE SAUCE

- To same pan over medium-high heat, add **jam, stock concentrate, mustard, juice from half the lemon (whole lemon for 4 servings),** and **¼ cup water (½ cup for 4).** Bring to a simmer and cook until thickened, 3-5 minutes.
- Turn off heat; stir in **1 TBSP butter (2 TBSP for 4)** until melted. Season with **salt and pepper.**
- Add **chicken** and turn to coat.



2 ROAST GREEN BEANS

- While rice cooks, trim **green beans** if necessary. Toss on a baking sheet with a **drizzle of oil, salt,** and **pepper.**
- Roast on top rack until browned and tender, 12-15 minutes.



5 FINISH RICE & GREEN BEANS

- Fluff **rice** with a fork and season with **salt and pepper.**
- Carefully toss **green beans** with **lemon zest** to taste.



3 COOK CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels; season all over with **salt and pepper.**
- Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Transfer to a plate.



6 SERVE

- Divide **rice, chicken,** and **green beans** between plates. Spoon any **remaining sauce** from pan over chicken and sprinkle with **remaining scallion greens.** Serve with **remaining lemon wedges** on the side.

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