



MELTY MOZZARELLA PESTO CHICKEN

with Roasted Carrots and Lemony Rice



HELLO PESTO

This herbaceous basil-based blend adds a layer of Italian flavor to cheese-topped chicken.

PREP: 5 MIN | TOTAL: 40 MIN | CALORIES: 770



Carrots



Chicken Cutlets



Pesto
(Contains: Milk)



Chili Flakes



Lemon



Jasmine Rice



Mozzarella Cheese
(Contains: Milk)

START STRONG

When broiling (or baking) your chicken in step 4, keep a close eye on the cheese! The high heat will work quickly, so you'll want to remove the baking sheet immediately when you spot browning.

BUST OUT

- Peeler
- Zester
- Paper towels
- Baking sheet
- Small pot
- Olive oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Carrots **4** | **8**
- Lemon **1** | **1**
- Chicken Cutlets* **10 oz** | **20 oz**
- Jasmine Rice **½ Cup** | **1 Cup**
- Pesto **2 oz** | **4 oz**
- Mozzarella Cheese **½ Cup** | **1 Cup**
- Chili Flakes  **1 tsp** | **1 tsp**

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Trim and peel **carrots**; cut on a diagonal into ½-inch-thick pieces. Zest and quarter **lemon**.



4 BROIL CHICKEN

Once **chicken** is cooked through, remove sheet from oven; transfer carrots to a plate. Heat broiler to high or oven to 500 degrees. Spread half the **pesto** onto tops of chicken, then sprinkle with **mozzarella**. Return to top rack and broil or bake until cheese is melty, 2-4 minutes.

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2 ROAST CARROTS AND CHICKEN

Toss **carrots** on one side of a baking sheet with a large drizzle of **olive oil**, **salt**, and **pepper**. Roast on top rack for 5 minutes. Meanwhile, pat **chicken** dry with paper towels. Season generously with **salt** and **pepper**; drizzle with **olive oil**. Once carrots have roasted for 5 minutes, remove from oven. Add chicken to opposite side of sheet from carrots. Continue roasting until chicken is cooked through and carrots are tender, 18-20 minutes.



5 FINISH RICE

Fluff **rice** with a fork; stir in **1 TBSP butter** (2 TBSP for 4 servings) and **lemon zest** to taste. Season with **salt** and **pepper**.



3 COOK RICE

Meanwhile, in a small pot, combine **rice**, **¾ cup water** (1½ cups for 4 servings), and a pinch of **salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



6 SERVE

Divide **rice**, **chicken**, and **carrots** between plates. Sprinkle with as many **chili flakes** as you like. Serve with **lemon wedges** and remaining **pesto** on the side for dipping.

MAMMA MIA!

Try this cheesy pesto chicken again paired with your favorite pasta for comforting carb-fection.

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