



Pizza-Style Chicken

with Tomato, Arugula and Spinach Salad

Carb Smart

30 Minutes



Chicken Breasts



Grape Tomatoes



Sweet Bell Pepper



Marinara Sauce



Mozzarella Cheese, shredded



Italian Seasoning



Balsamic Vinegar



Arugula and Spinach Mix

HELLO PIZZA-STYLE

Forget the dough! Butterflied chicken creates the perfect base for all the pizza toppings!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking sheet, medium bowl, measuring spoons, large bowl, parchment paper, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Grape Tomatoes	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Marinara Sauce	½ cup	1 cup
Mozzarella Cheese, shredded	½ cup	1 cup
Italian Seasoning	1 tbsp	2 tbsp
Balsamic Vinegar	1 tbsp	2 tbsp
Arugula and Spinach Mix	56 g	113 g
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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

Contact

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Prep

Halve **tomatoes**. Core, then cut **pepper** into ¼-inch pieces. Toss **half the peppers** with **half the Italian seasoning** in a medium bowl. Season with **salt** and **pepper**. Set aside.



Prep chicken

Pat **chicken** dry with paper towels. Carefully slice into centre of **each chicken breast**, lengthwise and parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book. Season both sides with **salt** and **pepper**, then sprinkle with **remaining Italian seasoning**.



Roast chicken

Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-sear, until golden-brown, 1-2 min per side. Remove pan from heat. Transfer **chicken** a parchment-lined baking sheet. Spread **marinara** over tops of **chicken**, then sprinkle **seasoned peppers** (from the medium bowl) and **cheese** over **marinara**. Roast in the **middle** of the oven, until **chicken** is cooked through, 12-14 min. **



Make salad

While **chicken** roasts, whisk together **vinegar** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Add **tomatoes**, **remaining peppers** and **arugula and spinach mix**. Toss to combine. Season with **salt** and **pepper**.



Finish & serve

Divide **chicken** and **salad** between plates.

Dinner Solved!