



# Carb Smart Almond Chicken

## with Green Veggies and Lemony Mayo

Smart Meal 30 Minutes



Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Chicken Thighs\* 280 g | 560 g  
Tofu 1 | 2  
Turkey Breast Portions 340 g | 680 g



Chicken Breasts\*  
2 | 4



Broccoli  
227 g | 454 g



Lemon  
1 | 1



Mayonnaise  
4 tbsp | 8 tbsp



Garlic Salt  
1 tsp | 2 tsp



Almonds, sliced  
28 g | 56 g



Zucchini  
1 | 2



Dijon Mustard  
½ tbsp | 1 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



### Toast almonds

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

- Heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (TIP: Keep your eye on them so they don't burn.)
- Transfer to a plate to cool.

2



### Prep

- While **toasted almonds** cool, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Cut **broccoli** into bite-sized pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **half the lemon zest**, **1 tsp** (2 tsp) **lemon juice** and **3 tbsp** (6 tbsp) **mayo** to a small bowl. Season with **salt** and **pepper**, then stir to combine.

3



### Make topping and prep chicken

Swap | Chicken Thighs

Swap | Tofu

Swap | Turkey Breast

- Finely chop **toasted almonds**.
- Add **toasted almonds**, **Dijon**, **remaining lemon zest** and **remaining mayo** to another small bowl. Season with **pepper**, then stir to combine.
- Pat **chicken** dry with paper towels on a separate cutting board.
- Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½ inch intact on the other end.
- Open up **chicken** like a book. Season with **pepper** and **half the garlic salt**.

4



### Cook chicken

Swap | Tofu

- Reheat the same pan (from step 1) over medium-high.
- When the pan is hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 1-2 min per side.
- Transfer to an unlined baking sheet. Spread **almond topping** onto **chicken**.
- Roast in the **top** of the oven until cooked through, 8-10 min.\*\*

5



### Cook veggies

- While **chicken** roasts, reheat the same pan over medium.
- When the pan is hot, add **1 tbsp oil**, then **broccoli**, **zucchini** and **2 tbsp water**. (NOTE: Don't overcrowd the pan; cook veggies in 2 batches for 4 ppl, using 1 tbsp oil and 2 tbsp water per batch.)
- Season with **pepper** and **remaining garlic salt**.
- Cook, stirring occasionally, until **veggies** are tender-crisp, 5-6 min.

6



### Finish and serve

- Thinly slice **chicken**.
- Divide **chicken** and **veggies** between plates.
- Serve **lemony mayo** on the side for dipping.
- Squeeze a **lemon wedge** over top, if desired.

Measurements within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

### 3 | Make topping and prep chicken

Swap | Chicken Thighs

If you've opted to get **chicken thighs**, prep and cook them in the same way the recipe instructs you to cook the **chicken breasts**, skipping the instructions to butterfly the **chicken**.

### 3 | Make topping and prep tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the **chicken breasts**.

### 3 | Make topping and prep turkey

Swap | Turkey Breast

If you've opted to get **turkey breast portions**, if applicable, cut into **2** (4) **equal pieces**. Cook them in the same way the recipe instructs you to cook the **chicken breasts**\*\*

### 4 | Cook tofu

Swap | Tofu

When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Sear and roast **tofu** in the same way the recipe instructs you to sear and roast the **chicken breasts**, until golden.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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