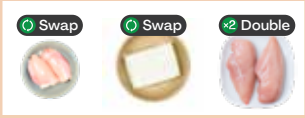




Carb Smart Lemon Cream Chicken with Zucchini and Peppers

Smart Meal 25 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](http://www.hellofresh.ca)

Chicken Thighs* 280 g | 560 g Tofu 1 | 2 Chicken Breasts* 4 | 8



- Chicken Breasts* 2 | 4
- Zucchini 2 | 4
- Sweet Bell Pepper 1 | 2
- Garlic, cloves 1 | 2
- Lemon 1 | 1
- Dill-Garlic Spice Blend 1 tsp | 2 tsp
- Lemon-Pepper Seasoning 1 tbsp | 2 tbsp
- Cream 56 ml | 113 ml
- Chicken Broth Concentrate 1 | 2

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.

Pantry items | Pepper, unsalted butter, oil, salt

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, paper towels, zester

1



Prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Cut **zucchini** into ¼-inch rounds.
- Core, then cut **pepper** into 1-inch pieces.
- Peel, then mince or grate **garlic**.
- Zest **half the lemon** (whole lemon for 4 ppl). Cut **lemon** into wedges.

2



Start veggies

- Add **zucchini, peppers** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt, pepper** and **Dill-Garlic Spice Blend**. Toss to combine.
- Roast in the **middle** of the oven for 5 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through. Veggies will continue to roast in step 4.)

3



Sear chicken

Swap | Chicken Thighs

Swap | Tofu

*2 Double | Chicken Breasts

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **2 tsp** (4 tsp) **Lemon-Pepper Seasoning**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear until golden brown, 1-2 min per side.

4



Roast chicken and finish veggies

- When **veggies** have roasted for 5 min, carefully remove baking sheet from the oven. Move **veggies** toward the edges of the sheet.
- Transfer **chicken** to the centre of the baking sheet.
- Continue to roast in the **middle** of the oven until **veggies** are tender and **chicken** is cooked through, 10-12 min.**

5



Make lemon cream sauce

- Meanwhile, reheat the same pan (from step 3) over medium.
- When the pan is hot, add **1 tbsp** (2 **tbsp**) **butter**, then **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add ¼ **cup** (½ **cup**) **water, cream, broth concentrate** and **remaining Lemon-Pepper Seasoning**. Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Remove the pan from heat, then stir in **half the lemon zest**.

6



Finish and serve

Swap | Tofu

- When **veggies** are done, sprinkle with **remaining lemon zest**. Toss gently to coat.
- Thinly slice **chicken**.
- Divide **chicken** and **veggies** between plates.
- Drizzle **lemon cream sauce** over **chicken**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

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

3 | Sear chicken

Swap | Chicken Thighs

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

3 | Sear 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 and cook **tofu** in the same way the recipe instructs you to season and cook the **chicken**, until tender.

3 | Sear chicken

*2 Double | Chicken Breasts

If you've opted for **double chicken**, don't overcrowd the pan. Sear **chicken** in batches, if needed.

6 | Finish and serve

Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate the **chicken**.

♦ 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.