



Lemon-Pepper Chicken

with Spinach Caesar Salad

20 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)

| | | |
|-----------------|----------------------------|------------------|
| ↻ Swap | ↻ Swap | *2 Double |
| | | |
| Chicken Thighs* | Plant-Based Protein Shreds | Chicken Breasts* |
| 280 g 560 g | 200 g 400 g | 4 8 |



| | |
|---------------------------|------------------------|
| | |
| Chicken Breasts* | Ciabatta Roll |
| 2 4 | 1 2 |
| | |
| Parmesan Cheese, shredded | Lemon-Pepper Seasoning |
| ¼ cup ¼ cup | 1 tbsp 2 tbsp |
| | |
| Baby Spinach | Mayonnaise |
| 113 g 227 g | 4 tbsp 8 tbsp |
| | |
| Garlic, cloves | Lemon |
| 1 2 | 1 1 |

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.

| | | |
|-----------------------|----------|----------|
| Ingredient quantities | 56 g | 113 g |
| | 2 person | 4 person |

Pantry items | Oil, salt, pepper

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

1



Cook chicken

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Garlic Guide for Step 3:**
 - Mild: ¼ tsp (¼ tsp)
 - Medium: ¼ tsp (½ tsp)
 - Extra: ½ tsp (1 tsp)

🔄 Swap | **Chicken Thighs**

🔄 Swap | **Plant-Based Protein Shreds**

✖2 Double | **Chicken Breasts**

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels, then season with **half the Lemon-Pepper Seasoning** and **salt**.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Pan-fry until golden-brown, 1-2 min per side.
- Remove from heat, then transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven until cooked through, 10-12 min.**

4



Make dressing

- Combine **mayo**, **lemon zest**, **lemon juice**, **half the Parmesan**, **remaining Lemon-Pepper Seasoning** and ¼ **tsp** (½ **tsp**) **garlic** in a small bowl. (**NOTE:** Reference garlic guide.)

2



Prep

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.

3



Make croutons

- Meanwhile, cut or tear **ciabatta** into ½-inch pieces.
- Add **ciabatta pieces** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then toss to coat.
- Re-heat the same pan (from step 1) over medium.
- When hot, add **ciabatta pieces**. Cook, stirring occasionally, until golden-brown on all sides, 3-4 min.
- Return **croutons** to the same large bowl to cool slightly, 5 min.

5



Make salad

- Add **spinach** and **half the dressing** to the large bowl with **croutons**. Toss to combine.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **salad** between plates. Top with **chicken**.
- Drizzle **remaining dressing** over top, then sprinkle with **remaining Parmesan**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

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

1 | Cook 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**.

1 | Cook plant-based protein shreds

🔄 Swap | **Plant-Based Protein Shreds**

If you've opted to get **plant-based protein shreds**, heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp** (2 **tbsp**) **oil**, then **plant-based protein shreds**. Season with **half the Lemon-Pepper Seasoning** and **salt**. Cook, tossing occasionally, until cooked through, 6-8 min.** Transfer to a plate. Cover to keep warm. Carefully wipe the pan clean.

1 | Cook chicken

✖2 Double | **Chicken Breasts**

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

* 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.