



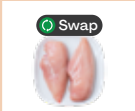
Chicken Power Bowl

with Lemon Dressing

Fast and Fresh

Spicy

30 Minutes



Organic Chicken Breasts +
2 | 4

Customized Protein

+ Add

Swap

or

x2 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 Breasts +
2 | 4



Wild Rice Medley
½ cup | 1 cup



Baby Tomatoes
113 g | 227 g



Corn Kernels
113 g | 227 g



Edamame
56 g | 113 g



Lemon
1 | 2



Cilantro
7 g | 14 g



Feta Cheese,
crumbled
½ cup | 1 cup



Dijon Mustard
½ tbsp | 1 tbsp



Salad Topping
Mix
28 g | 56 g



Spicy Mayo
2 tbsp | 4 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.

Pantry items | Salt, pepper, sugar, oil

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

1



Cook rice

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Stir together **wild rice medley**, **1 cup** (2 cups) **water** and **¼ tsp** (½ tsp) **salt** in a medium pot.
- Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 18-20 min.
- Remove the pot from heat. Set aside, still covered.

4



Char veggies

- Reheat the same pan over medium.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **corn** and **edamame**.
- Cover and cook, stirring once halfway through, until **veggies** are dark golden-brown, 4-6 min.

2



Prep chicken

- [Swap](#) | [Organic Chicken Breasts](#)
- Meanwhile, zest, then juice **lemon**.
- Pat **chicken** dry with paper towels.
- Add **chicken**, **lemon zest**, **Dijon** and **1 tbsp** (2 tbsp) **oil** to a medium bowl.
- Season with **salt** and **pepper**, then toss to coat. Set aside.

5



Dress tomatoes

- Halve **tomatoes**.
- Roughly chop **cilantro**.
- Whisk together ½ **tbsp** (1 **tbsp**) **lemon juice**, **1 tsp** (2 **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil** in a large bowl. Season with **salt** and **pepper**.
- Add **tomatoes** and **cilantro**. Toss to combine.

3



Cook chicken

- Heat a large non-stick pan over medium-high.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed.)
- Cook **chicken** until golden, 1-2 min per side. Transfer to an unlined baking sheet.
- Bake in the **middle** of the oven until cooked through, 12-14 min.**

6



Finish and serve

- Fluff **rice** with fork. Season with **salt** and stir in **charred veggies**.
- Slice **chicken**.
- Divide **rice** between bowls, then top with **dressed tomatoes** and **chicken**.
- Sprinkle **feta** and **salad topper mix** over top.
- Drizzle **spicy mayo** over top, if desired.

Measurements within steps | **1 tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep chicken

[Swap](#) | [Organic Chicken Breasts](#)

If you've opted to get **organic chicken**, prep and cook in the same way the recipe instructs you to prep and cook the **regular 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.