

HELLO Lemon-Pepper Chicken with Spinach Caesar Salad

with Spinach Caesar Salad

20 Minutes







Thighs (











Seasoning

1 tbsp | 2 tbsp

Cheese, shredded 1/4 cup | 1/4 cup



Baby Spinach



113 g | 227 g

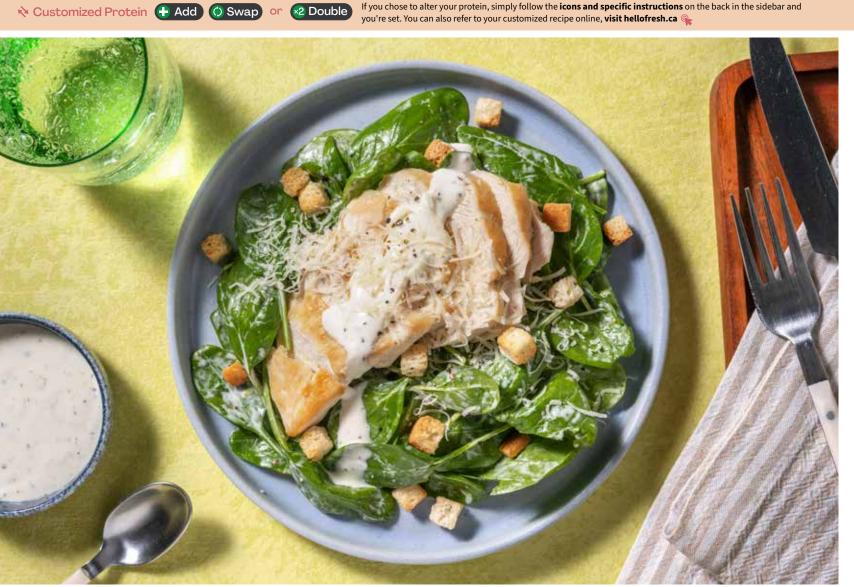




Garlic, cloves 1 | 2



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



Cook chicken

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Garlic Guide for Step 3:
 - Mild: 1/8 tsp (1/4 tsp) • Medium: 1/4 tsp (1/2 tsp)
- Extra: ½ tsp (1 tsp)

O Swap | Chicken Thighs

Swap | 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.**



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.



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.
- Reheat 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.



Cover to keep warm.

1 | Cook chicken

Measurements

1 | Cook chicken

Swap | Chicken Thighs

If you've opted to get chicken thighs, prep

you to prep and cook chicken breasts.

1 | Cook protein shreds

O Swap | Protein Shreds

If you've opted to get **protein shreds**, heat a

large non-stick pan over medium heat. When

once or twice, until cooked through.** Season with half the Lemon-Pepper Seasoning. Toss

the pan is hot, add 1/2 tbsp (1 tbsp) oil, then

protein shreds. Cook for 6-8 min, flipping

to coat. Transfer **protein shreds** to a plate.

and cook in the same way the recipe instructs

within steps

🔽 Double | Chicken Breast

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

(2 tbsp)

1 tbsp

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.

oil

4 person Ingredient

6 | Finish and serve

O Swap | Protein Shreds

Top final plates with **protein shreds**.



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.)



Make salad

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



Finish and serve

Swap | Protein Shreds

- 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.
- * 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.