









Lemon-Pepper Chicken

with Spinach Caesar Salad

20 Minutes

 Swap	 Swap	 Double
		
Chicken Thighs ⁺	Protein Shreds	Chicken Breasts ⁺
280 g 560 g	200 g 400 g	4 8

↪ 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 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: 1/8 tsp (1/4 tsp)
 - Medium: 1/4 tsp (1/2 tsp)
 - Extra: 1/2 tsp (1 tsp)

🔄 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 **1/2 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 **1/4 tsp** (1/2 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 1/2-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.

5



Make salad

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

6



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.

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.

1 | Cook chicken

🔄 Swap | Chicken Thighs

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

1 | Cook protein shreds

🔄 Swap | Protein Shreds

If you've opted to get **protein shreds**, heat a large non-stick pan over medium heat. When the pan is hot, add **1/2 tbsp** (1 tbsp) **oil**, then **protein shreds**. Cook for 6-8 min, flipping once or twice, until cooked through.** Season with **half the Lemon-Pepper Seasoning**. Toss to coat. Transfer **protein shreds** to a plate. Cover to keep warm.

1 | Cook chicken

*2 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.

6 | Finish and serve

🔄 Swap | Protein Shreds

Top final plates with **protein shreds**.

* 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.