



Lemon-Pepper Chicken

with Spinach Caesar Salad

Protein Plus

20 Minutes

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 Thighs 280 g 560 g	Chicken Breasts 4 8



	
Chicken Breasts 2 4	Ciabatta Roll 1 2
	
Parmesan Cheese, shredded ¼ cup ½ cup	Lemon-Pepper Seasoning 6 g 12 g
	
Baby Spinach 113 g 227 g	Mayonnaise 4 tbsp 8 tbsp
	
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.*

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

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.

🔄 Swap | **Chicken Thighs**

*2 Double | **Chicken Breasts**

- Heat a large non-stick pan over medium-high.
- 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 for 1-2 min per side, until golden.
- Remove from heat, then transfer **chicken** to an unlined baking sheet.
- Roast in the **middle** of the oven for 10-12 min, until cooked through.**

4



Make dressing

- In a small bowl, combine **mayo**, **lemon zest**, **lemon juice**, **half the Parmesan**, **remaining Lemon-Pepper Seasoning** and **¼ tsp** (½ tsp) **garlic**. (Like things spicy? Add more garlic!)

2



Prep

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

3



Make croutons

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

5



Make salad

- To the bowl with **croutons**, add **spinach** and **half the dressing**. 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 you like.

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

For 6 servings

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 chicken

*2 Double | **Chicken Breasts**

If you've opted for **double chicken**, cook 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 165°F.