



Breaded Baked Chicken

with Buttery Rice and Lemony Mayo

Family Friendly 30 Minutes



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Chicken Breasts



Parboiled Rice



Zucchini



Green Peas



Lemon



Panko Breadcrumbs



Mayonnaise



Garlic Salt

HELLO LEMON

Punch up the flavour of mayo with a sprinkle of lemon zest!

Start here

- Before starting, preheat oven to 425°F.
- Wash and dry all produce.

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

Bust out

Baking sheet, medium bowl, measuring spoons, shallow dish, zester, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Parboiled Rice	¾ cup	1 ½ cups
Zucchini	200 g	400 g
Green Peas	56 g	113 g
Lemon	1	1
Panko Breadcrumbs	½ cup	1 cup
Mayonnaise	4 tbsp	8 tbsp
Garlic Salt	2 tsp	4 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



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1



Cook rice

- Add **1 ¼ cups** (2 ½ cups) **water** and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Add **rice** and **peas** to the **boiling water**. Reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

4



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **breaded chicken**. (**NOTE:** For 4 ppl, cook in 2 batches, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown, 1-2 min per side.
- Transfer **chicken** to a parchment-lined baking sheet.
- Bake in the **middle** of the oven until cooked through, 12-14 min.**
- Carefully wipe the pan clean.

2



Prep and make lemony mayo

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **lemon zest**, **½ tsp** (1 tsp) **lemon juice**, **3 tbsp** (6 tbsp) **mayo** and **¼ tsp** (½ tsp) **sugar** to a small bowl. Season with **pepper**, then stir to combine.

5



Cook zucchini

- Reheat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **zucchini**. Season with **remaining garlic salt** and **pepper**. Cook, stirring often, until tender-crisp, 3-4 min.

3



Prep and coat chicken

- Meanwhile, add **panko** to a shallow dish.
- Pat **chicken** dry with paper towels, then season with **½ tsp** (1 tsp) **garlic salt** and **pepper**.
- Add **chicken** and **remaining mayo** to a medium bowl. Toss to coat.
- Working with **one chicken breast** at a time, press both sides into **panko** to coat completely.

6



Finish and serve

- Fluff **rice** with a fork. Add **1 tbsp** (2 tbsp) **butter**. Stir until melted and combined.
- Divide **chicken**, **zucchini** and **rice** between plates.
- Serve **lemony mayo** alongside for dipping.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!