

# **Breaded Baked Chicken**

with Buttery Rice and Lemony Mayo

Family Friendly

30 Minutes











**Chicken Breasts** 











Green Peas



Mayonnaise



Panko Breadcrumbs

Garlic Salt

# Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person 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*	1/4 tsp	½ tsp
Oil*		
Pepper*		

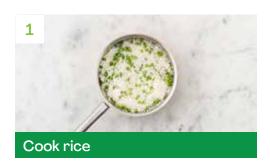
- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## **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.





- 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.



## Prep and make lemony mayo

- Meanwhile, halve **zucchini** lengthwise, then cut into ½-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.



## 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.



#### Cook chicken

- Heat a large non-stick pan over mediumhigh 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.



#### OCCR ZGCCIIIII

- 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 tendercrisp, 3-4 min.



#### 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!**