



Breaded Baked Chicken

with Buttery Rice and Lemony Mayo

Family Friendly 25-35 Minutes



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Chicken Breasts



Chicken Thighs



Parboiled Rice



Zucchini



Green Peas



Lemon



Panko Breadcrumbs



Mayonnaise



Garlic Salt

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

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
Chicken Thighs	280 g	560 g
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.

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

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 (from step 4) 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 **baked chicken**, **zucchini** and **buttery rice** between plates.

• Serve **lemony mayo** alongside for dipping.

• Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!