



Breaded Chicken

with Buttery Veggies and Garlic Sauce

Family Friendly 30-40 Minutes



Issue with your meal?
Scan the QR code to
share your feedback.



Chicken Breasts



Basmati Rice



Carrot



Green Peas



Garlic, cloves



Italian Breadcrumbs



Mayonnaise



Honey



Chicken Stock
Powder



Zesty Garlic Blend

HELLO HONEY

A naturally sweet ingredient that's a great sugar alternative!

Start here

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

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

Garlic Guide for Step 2:

- Mild: ¼ tsp (½ tsp)
- Medium: ½ tsp (1 tsp)
- Extra: 1 tsp (2 tsp)

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Basmati Rice	¾ cup	1 ½ cups
Carrot	170 g	340 g
Green Peas	56 g	113 g
Garlic, cloves	1	2
Italian Breadcrumbs	½ cup	1 cup
Mayonnaise	¼ cup	½ cup
Honey	1 tbsp	2 tbsp
Chicken Stock Powder	1 tbsp	2 tbsp
Zesty Garlic Blend	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and 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.



Issue with your meal?
Scan the QR code to
share your feedback.



Cook rice

- Add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **chicken stock powder** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



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 chicken in batches, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown, 1-2 min per side.
- Transfer **breaded chicken** to a parchment-lined baking sheet.
- Roast in the **middle** of the oven until cooked through, 12-14 min.**
- Carefully wipe the pan clean.



Prep

- Meanwhile, peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Peel, then mince or grate **garlic**.
- Combine **mayo** and **¼ tsp** (½ tsp) **garlic** in a small bowl. (**NOTE:** Reference garlic guide). Season with **salt** and **pepper**, then stir to combine.
- Transfer **1 ½ tbsp** (3 tbsp) of the **garlic mayo** to a large bowl.



Cook veggies

- Reheat the same pan over medium.
- When hot, add **carrots**, **honey**, **½ cup** (½ cup) **water** and **1 tbsp** (2 tbsp) **butter**. Simmer, stirring occasionally, until **carrots** are tender-crisp, 4-5 min.
- Add **peas** and **remaining Zesty Garlic Blend**. Cook, stirring occasionally, until **carrots** are softened, and **liquid** is absorbed. 4-5 min.



Bread chicken

- Add **breadcrumbs** to a shallow dish.
- Pat **chicken** dry with paper towels.
- Add **chicken** and **half the Zesty Garlic Blend** to the large bowl with **reserved garlic mayo**. Season with **salt** and **pepper**, then toss to coat.
- Working with **one chicken breast** at a time, press both sides into **breadcrumbs** to coat completely. Carefully shake off any excess breadcrumbs.



Finish and serve

- Fluff **rice** with a fork.
- Divide **rice**, **chicken** and **veggies** between plates.
- Serve **garlic mayo** on the side for dipping.

Dinner Solved!