



Breaded Chicken

with Buttery Veggies and Garlic Mayo

Family Friendly 30-40 Minutes

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Swap



Chicken Thighs
280 g | 560 g



Chicken Breasts
2 | 4



Basmati Rice
¾ cup | 1 ½ cups



Carrot
1 | 2



Green Peas
56 g | 113 g



Garlic, cloves
1 | 2



Italian Breadcrumbs
½ cup | 1 cup



Mayonnaise
¼ cup | ½ cup



Honey
1 | 2



Chicken Stock Powder
1 tbsp | 2 tbsp



Zesty Garlic Blend
1 tbsp | 2 tbsp

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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Ingredient quantities 56g | 113g
2 person | 4 person

Pantry items | Unsalted butter, oil, salt, pepper

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

1



Cook rice

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- **Garlic Guide for Step 2:** ¼ tsp (½ tsp) mild, ½ tsp (1 tsp) medium and 1 tsp (2 tsp) extra!

- Add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **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.

4



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp oil**, then **breaded chicken**. (**NOTE:** For 4 ppl, cook in 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.
- Roast in the **middle** of the oven until cooked through, 12-14 min.**
- Carefully wipe the pan clean.

** 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.

2



Prep and make garlic mayo

- 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.
- Reserve **1 ½ tbsp** (3 tbsp) **garlic mayo** in a large bowl.

5



Cook veggies

- Reheat the same pan over medium.
- When hot, add **carrots, honey**, ⅓ 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.

3



Bread chicken

Swap | Chicken Thighs

- 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.

6



Finish and serve

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

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Bread chicken thighs

Swap | Chicken Thighs

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**.



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