

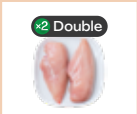


Carb Smart Almond Chicken

with Parmesan, Green Veggies and Lemony Mayo

Smart Meal

30 Minutes



Chicken Breasts ⁺
4 | 8

↗ Custom Recipe + Add ↻ Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Breasts ⁺
2 | 4



Broccoli, florets
227 g | 454 g



Lemon
1 | 1



Mayonnaise
4 tbsp | 8 tbsp



Parmesan Cheese, shredded
¼ cup | ½ cup



Garlic Salt
1 tsp | 2 tsp



Almonds, sliced
28 g | 56 g



Zucchini
1 | 2



Dijon Mustard
1 ½ tsp | 3 tsp

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.

1



Toast almonds

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer to a plate to cool.

2



Prep

- While **toasted almonds** cool, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Cut **broccoli** into bite-sized pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **half the lemon zest**, **1 tsp** (2 tsp) **lemon juice** and **3 tbsp** (6 tbsp) **mayo** to a small bowl. Season with **salt** and **pepper**, then stir to combine.

3



Make topping and prep chicken

*2 Double | Chicken Breasts

- Finely chop **toasted almonds**.
- Add **toasted almonds**, **Parmesan**, **Dijon**, **remaining lemon zest** and **remaining mayo** to another small bowl. Season with **pepper**, then stir to combine.
- Pat **chicken** dry with paper towels on a separate cutting board.
- Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½ inch intact on the other end.
- Open up **chicken** like a book. Season with **pepper** and **half the garlic salt**.

4



Cook chicken

- Reheat the same pan (from step 1) over medium-high.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear until golden-brown, 1-2 min per side.
- Transfer to an unlined baking sheet. Spread **Parmesan-almond topping** onto **chicken**.
- Roast in the **top** of the oven until cooked through, 8-10 min.**

5



Cook veggies

- While **chicken** roasts, reheat the same pan over medium.
- When the pan is hot, add **1 tbsp oil**, then **broccoli**, **zucchini** and **2 tbsp water**. (**NOTE:** Don't overcrowd the pan; cook veggies in 2 batches for 4 ppl, using 1 **tbsp** oil and 2 **tbsp** water per batch!)
- Season with **pepper** and **remaining garlic salt**.
- Cook, stirring occasionally, until **veggies** are tender-crisp, 5-6 min.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **chicken** and **veggies** between plates.
- Serve **lemony mayo** on the side for dipping.
- Squeeze a **lemon wedge** over top, if desired.

3 | Make topping and prep chicken

*2 Double | Chicken Breasts

If you've opted for **double chicken**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of chicken**. Work in batches, if necessary.

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

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



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