





Carb Smart Lemon Cream Chicken with Zucchini and Peppers

Smart Meal 25 Minutes

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 Swap	 Swap
	
Chicken Thighs 280 g 560g	Tofu 1 2

	
Chicken Breasts 2 4	Zucchini 2 4
	
Sweet Bell Pepper 1 2	Garlic, cloves 1 2
	
Dill-Garlic Spice Blend 1 tsp 2 tsp	Lemon 1 1
	
Cream 56 ml 113 ml	Chicken Broth Concentrate 1 2
	
Lemon-Pepper Seasoning 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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Baking sheet, measuring spoons, zester, large non-stick pan, paper towels, measuring cups

1



Prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Cut **zucchini** into ¼-inch rounds.
- Core, then cut **pepper** into 1-inch pieces.
- Peel, then mince or grate **garlic**.
- Zest **half the lemon** (whole lemon for 4 ppl). Cut into wedges.

2



Start veggies

- Add **zucchini, peppers** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt, pepper** and **Dill-Garlic Spice Blend**. Toss to combine.
- Roast in the **middle** of the oven, 5 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through. Veggies will continue to roast in step 4.)

3



Sear chicken

- Swap | **Chicken Thighs**
- Swap | **Tofu**
- Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **2 tsp** (4 tsp) **Lemon-Pepper Seasoning**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 1-2 min per side.

4



Roast chicken and finish veggies

- When **veggies** have roasted for 5 min, carefully remove baking sheet from the oven. Move **veggies** towards the edges of the sheet.
- Transfer **chicken** to the centre of the baking sheet.
- Continue to roast in the **middle** of the oven until **veggies** are tender and **chicken** is cooked through, 10-12 min.**

5



Make lemon cream sauce

- Meanwhile, reheat the same pan (from step 3) over medium.
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **¼ cup** (½ cup) **water, cream, broth concentrate** and **remaining Lemon-Pepper Seasoning**. Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Remove the pan from heat, then stir in **half the lemon zest**.

6



Finish and serve

- When **veggies** are done, sprinkle with **remaining lemon zest**. Toss gently to coat.
- Thinly slice **chicken**.
- Divide **chicken** and **veggies** between plates.
- Drizzle **lemon cream sauce** over **chicken**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

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

3 | Sear chicken thighs

Swap | **Chicken Thighs**

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

3 | Sear tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE:** You will have 2 square tofu "steaks" per block.) Season, cook and plate it the same way the recipe instructs you to season, cook and plate the **chicken**.

* 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.