



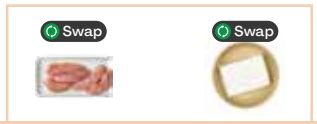
# Carb Smart Lemon Cream Chicken

## with Zucchini and Peppers

Smart Meal 25 Minutes

Customized Protein **+** 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 Breast Tenders\* 310 g | 620 g

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, measuring cups, large non-stick pan, paper towels

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 both halves 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 Breast Tenders**
- 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

- Swap | **Chicken Breast Tenders**
- Swap | **Tofu**
- 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 | Cook chicken

Swap | **Chicken Breast Tenders**

If you've opted to get **chicken breast tenders**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**. Increase sear time to 3-5 min per side, until cooked through.\*\* Skip the step to roast. Transfer **chicken breast tenders** to a plate and cover to keep warm.

3 | Cook tofu

Swap | **Tofu**

Pat **tofu** dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Season **tofu** in the same way the recipe instructs you to season the **chicken breasts**. Heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Pan fry until golden, 2-3 min per side. Transfer **tofu** to a plate. Cover to keep warm. No need to bake **tofu** after pan-frying.

6 | Finish and serve

Swap | **Chicken Breast Tenders**

Plate **chicken breast tenders** as the recipe instructs you to plate the **chicken breasts**. No need to slice.

6 | Finish and serve

Swap | **Tofu**

Plate **tofu** in the same way the recipe instructs you to plate the **chicken breasts**.

\* 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.