





Carb Smart Lemon Cream Chicken with Zucchini and Peppers

Smart 25 Minutes

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)

+2 Double Swap

Chicken Breasts 4 | 8

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.

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 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**, then toss to combine.
- Roast in the **middle** of the oven for 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

- ×2 Double | **Chicken Breasts**
- 🔄 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 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 the baking sheet with **veggies** 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, heat the same pan (from step 3) over medium.
- When 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

×2 Double | **Chicken Breasts**

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

3 | Cook tofu

🔄 Swap | **Tofu**

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

** 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.



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