



# Chicken and Buttery Green Beans

with Savoury Rice and Tzatziki

30 Minutes



Chicken Breasts



Parboiled Rice



Garlic Salt



Tzatziki



Chicken Broth Concentrate



Green Beans



Shallot

## HELLO TZATZIKI

*A yogurt-based sauce found in cuisines ranging from Southeast Europe to the Middle East!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Parboiled Rice	¾ cup	1 ½ cups
Garlic Salt	1 tsp	2 tsp
Tzatziki	113 ml	226 ml
Chicken Broth Concentrate	1	2
Green Beans	170 g	340 g
Shallot	50 g	100 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* 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.

## 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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## 1 Prep

Add **1 ¼ cups water** (dbl for 4 ppl), **half the garlic salt** and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, trim, then halve **green beans**. Peel, then finely chop **shallot**.



## 2 Cook rice

Add **rice** to the **boiling water**. Reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove the pot from heat. Set aside, still covered.



## 3 Cook chicken

While **rice** cooks, pat **chicken** dry with paper towels. Carefully slice **each chicken breast** in half, parallel to the cutting board. Season with **remaining garlic salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side. (**TIP:** Don't overcrowd the pan; cook the chicken in 2 batches if needed, using ½ tbsp oil per batch!) Transfer **chicken** to an unlined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 8-10 min.\*\*



## 4 Cook green beans

Heat the same pan over medium-high. When hot, add **green beans** and **¼ cup water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until **water** evaporates, 4-5 min. Add **1 tbsp butter** (dbl for 4 ppl), then **shallots**. Cook, stirring often, **veggies** are tender-crisp, 2-3 min.



## 5 Finish and serve

Fluff **rice** with a fork. Thinly slice **chicken**. Divide **chicken, rice** and **green beans** between plates. Serve with **tzatziki**.

## Dinner Solved!