

# **Chicken Power Bowl**

with Lemon Dressing

Top-Rated Special

30 Minutes





Chicken Breasts





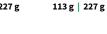


**Baby Tomatoes** 



Corn Kernels

113 g | 227 g





Edamame



1 | 2

56 g | 113 g



Cilantro



7 g | 14 g

Feta Cheese, crumbled 1/2 cup | 1 cup



Dijon Mustard 1 1/2 tsp | 3 tsp



Salad Topper Mix 28 g | 56 g



2 tbsp | 4 tbsp

Allengens 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. Cooking utensils | Baking sheet, medium bowl, measuring spoons, medium pot, zester, large bowl, measuring cups, whisk, large non-stick pan, paper towels



## Cook rice

- Before starting, preheat the oven to 425°F.
- · Wash and dry all produce.
- Stir together wild rice medley,
  1 cup (2 cups) water and ¼ tsp (½ tsp) salt in a medium pot.
- Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low.
  Cover and cook until rice is tender and liquid is absorbed, 18-20 min.
- Remove the pot from heat. Set aside, still covered.



### Prep chicken

- Meanwhile, zest, then juice lemon.
- Pat chicken dry with paper towels.
- Add chicken, lemon zest, Dijon and
  1 tbsp (2 tbsp) oil to a medium bowl. Season with salt and pepper, then toss to coat.
  Set aside.



#### Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then chicken. (NOTE: Don't overcrowd the pan; cook in 2 batches if needed.)
- Cook **chicken** until golden, 1-2 min per side. Transfer to an unlined baking sheet.
- Bake in the middle of the oven until cooked through, 12-14 min.\*\*



## Char veggies

- Reheat the same pan over medium heat.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, then corn and edamame.
- Cover and cook, stirring once halfway through cooking, until veggies are dark golden-brown, 4-6 min.



#### **Dress tomatoes**

- Halve tomatoes.
- Roughly chop cilantro.
- Whisk together ½ tbsp (1 tbsp) lemon juice,
  1 tsp (2 tsp) sugar and 1 tbsp (2 tbsp) oil in a large bowl. Season with salt and pepper.
- Add tomatoes and cilantro. Toss to combine.



#### Finish and serve

- Fluff rice with fork. Season with salt and stir in charred veggies.
- Slice chicken.
- Divide **rice** between bowls, then top with **dressed tomatoes** and **chicken**.
- Sprinkle **feta** and **salad topper** over top.
- Drizzle **spicy mayo** over top, if desired.

- 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.



Measurements

within steps

1 tbsp

(2 tbsp)

oil