



# Chicken Power Bowl

## with Lemon Dressing

Top-Rated Special 30 Minutes



Chicken Breasts +  
2 | 4



Wild Rice Medley  
½ cup | 1 cup



Baby Tomatoes  
113 g | 227 g



Corn Kernels  
113 g | 227 g



Edamame  
56 g | 113 g



Lemon  
1 | 2



Cilantro  
7 g | 14 g



Feta Cheese,  
crumbled  
½ cup | 1 cup



Dijon Mustard  
1 ½ tsp | 3 tsp



Salad Topper Mix  
28 g | 56 g



Spicy Mayo  
2 tbsp | 4 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** | Sugar, oil, salt, pepper

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

Measurements  
within steps

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

1



### 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.

2



### 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.

3



### 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, 14-16 min.\*\*

4



### Char veggies

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

5



### 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.

6



### 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 mix** 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.



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