



Chive Chicken and Wild Rice

with Buttery Carrots

30 Minutes



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Chicken Breasts



Wild Rice Medley



Carrot



Chives



Cream Cheese



Chicken Broth
Concentrate



Honey

HELLO CHIVES

Add a delicate onion flavour to your chicken with this bright green herb!

Start here

- Before starting, preheat the oven to 425°F.
- Remove 1 tbsp (2 tbsp) butter from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Bust out

Baking sheet, vegetable peeler, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Wild Rice Medley	½ cup	1 cup
Carrot	340 g	680 g
Chives	7 g	7 g
Cream Cheese	43 g	86 g
Chicken Broth Concentrate	1	2
Honey	1 tbsp	2 tbsp
Unsalted Butter*	3 tbsp	6 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



Start rice

- Stir together **broth concentrate**, **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.

4



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches, if needed.) Sear until golden, 2-3 min per side.
- Transfer **chicken** to a parchment-lined baking sheet.
- Bake in the **middle** of oven until **chicken** is cooked through, 8-10 min.**
- Carefully wipe the pan clean.

2



Prep

- Thinly slice **chives**.
- Peel, then cut **carrots** into ¼-inch coins.
- Stir together **half the chives**, **cream cheese** and **1 tbsp** (2 tbsp) **softened butter** in a small bowl. Set aside.

5



Cook carrots

- Reheat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **carrots**. Cook, stirring occasionally, until starting to soften, 5-6 min. Season with **salt** and **pepper**.
- Reduce heat to medium, then add **honey** and **2 tbsp** (4 tbsp) **butter**. Cook, stirring often, until **carrots** are coated and cooked through, 2-3 min.

3



Prep and stuff chicken

- Pat **chicken** dry with paper towels.
- Carefully slice into the centre of **each chicken breast**, parallel to cutting board, leaving 1 inch intact on other end.
- Open up **chicken** like a book. Season both sides with **salt** and **pepper**.
- Spoon **cream cheese-chive filling** over one side of **each chicken breast**. Fold other side over **filling** to close.

6



Finish and serve

- Fluff **rice** with a fork. Season with **salt** and **pepper**, to taste.
- Divide **rice**, **chicken** and **carrots** between plates.
- Sprinkle **remaining chives** over top.

Dinner Solved!