



# CORN FLAKE AND HONEY-CRUSTED CHICKEN

with Broccoli, Green Peas and Basmati Rice



## HELLO CORN FLAKES

We turn a breakfast staple into dinner time fun

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 582



Chicken Breasts



Corn Flakes



Smoked Paprika



Garlic Powder



Chicken Broth Concentrate



Broccoli, florets



Basmati Rice



Honey



Green Peas



Onion, chopped



Parsley

## BUST OUT

- Baking Sheet
- Medium Pot
- Large Non-Stick Pan
- Rolling Pin
- Measuring Cups
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil

## INGREDIENTS

4-person

- Chicken Breasts 680 g
- Corn Flakes 1, 4 2 cup
- Smoked Paprika 2 tsp
- Garlic Powder 2 tsp
- Chicken Broth Concentrate 2
- Broccoli, florets 454 g
- Basmati Rice 1 ½ cup
- Honey 4 tbsp
- Green Peas 227 g
- Onion, chopped 113 g
- Parsley 10 g

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 165°F.



## START STRONG



Preheat your oven to **425°F** (to bake the chicken). Start prepping when your oven comes up to temperature!



### 1 PREP

**Wash and dry all produce.\***

Roughly chop the **parsley**. In a large zip-top bag, combine the **corn flakes**, **smoked paprika** and **garlic powder**. Season with **salt** and **pepper**. Using a rolling pin, crush the corn flakes inside the bag into a breadcrumb-like texture.



### 4 COOK RICE

Meanwhile, heat a medium pot over medium heat. Add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until softened, 3-4 min. Add the **rice** and toast for 2 min. Add the **broth concentrates** and **3 cups salted water**. Bring to a boil over high heat, then reduce the heat to low. Cover and cook until all the water is absorbed, 12-14 min.



### 2 PREP CHICKEN

Pat the **chicken** dry with paper towels. Coat the chicken in **2 tbsp honey**, then place in the bag. Press the chicken firmly into the **corn flake mixture** and turn to cover both sides. On a parchment-lined baking sheet, arrange the chicken breasts.



### 5 COOK VEGGIES

Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **broccoli**. Cook, stirring occasionally, until tender-crisp, 6-7 min. Add the **peas** and cook until warmed through, 2-3 min. Season with **salt** and **pepper**.



### 3 COOK CHICKEN

Bake the **chicken** in the centre of the oven, until golden-brown and cooked through, 20-25 min. (**TIP:** Cook each piece to a minimum internal temp. of 165°F, as size may vary.\*\*)



### 6 FINISH AND SERVE

Fluff the **rice** with a fork and stir in the **parsley**. Thinly slice the **chicken**. Divide the chicken, rice and **veggies** between plates. Drizzle the chicken with the **remaining honey**.

## CRUNCHY!

Who knew cereal could add such serious crunch to chicken?