



# Lemon-Pepper Chicken

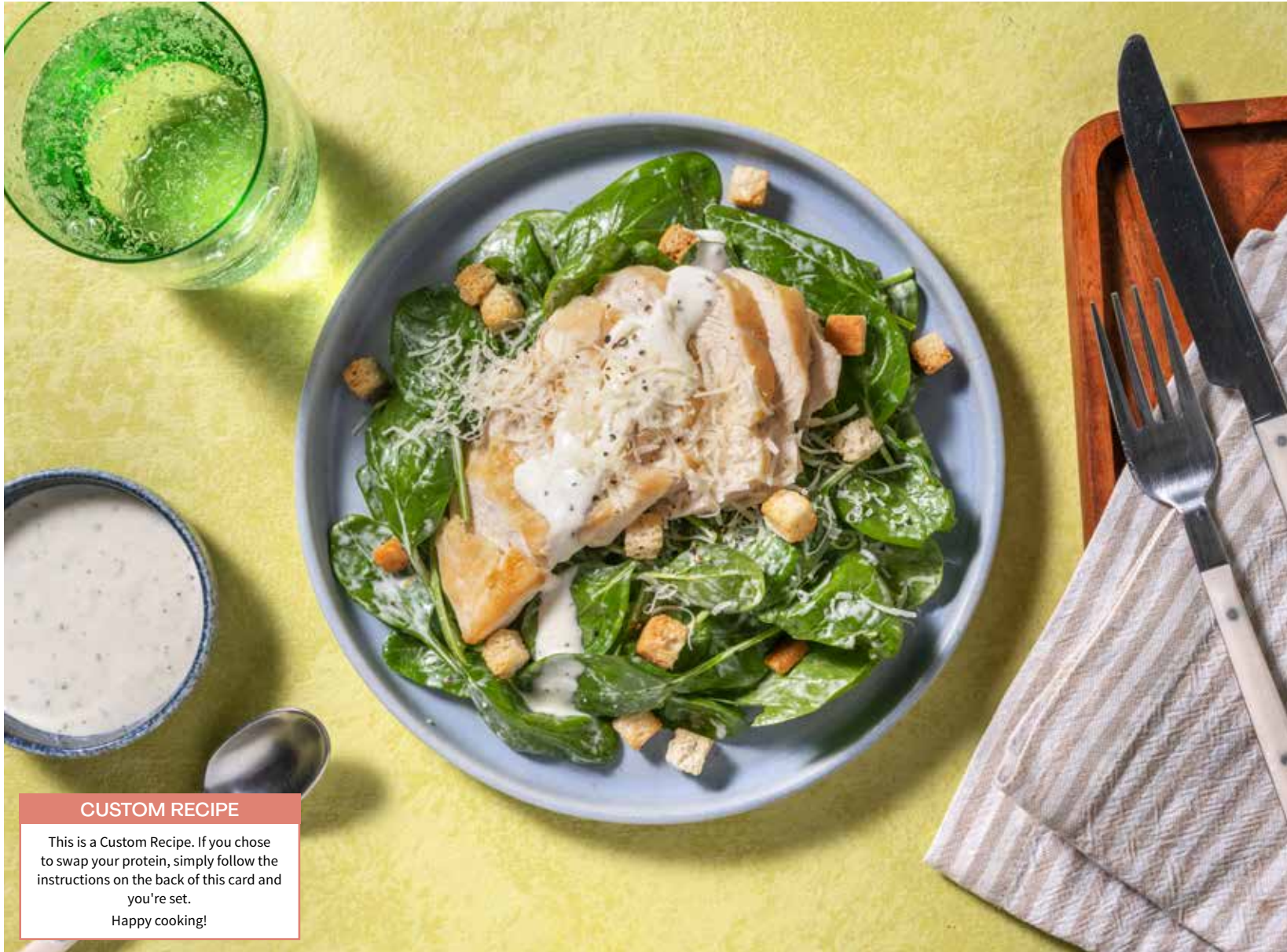
with Spinach Caesar Salad

Quick

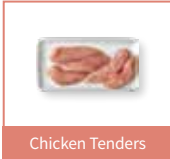
25 Minutes



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Chicken Breasts



Chicken Tenders



Croutons



Parmesan Cheese,  
shredded



Lemon-Pepper  
Seasoning



Baby Spinach



Mayonnaise



Garlic, cloves



Lemon

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

### HELLO LEMON-PEPPER SEASONING

*A peppery spice blend with zippy lemon and zesty garlic!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

### Garlic Guide for Step 3:

- Mild: ½ tsp (¼ tsp)
- Medium: ¼ tsp (½ tsp)
- Extra: ½ tsp (1 tsp)

## Bust out

Baking sheet, measuring spoons, zester, large bowl, small bowl, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Tenders ♦	310 g	620 g
Croutons	28 g	56 g
Parmesan Cheese, shredded	¼ cup	¼ cup
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Baby Spinach	113 g	227 g
Mayonnaise	4 tbsp	8 tbsp
Garlic, cloves	1	2
Lemon	1	1
Oil*		
Salt*		

\* 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



### Cook chicken

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels, then season with **half the Lemon-Pepper Seasoning** and **salt**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Pan-fry until golden-brown, 1-2 min per side.
- Remove from heat, then transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven until **chicken** is cooked through, 10-12 min.\*\*

If you've opted to get **chicken tenders**, prep them in the same way the recipe instructs you to prep the **chicken breasts**, then arrange **chicken tenders** in a single layer on an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 14-16 min.\*\*

4



### Make salad

- Add **spinach**, **croutons** and **half the dressing** to a large bowl. Toss to combine.

2



### Prep

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.

3



### Make dressing

- Combine **mayo**, **lemon zest**, **lemon juice**, **half the Parmesan**, **remaining Lemon-Pepper Seasoning** and **¼ tsp** (½ tsp) **garlic** in a small bowl. (**NOTE:** Reference garlic guide.)

5



### Finish and serve

- Thinly slice **chicken**.
- Divide **salad** between plates. Top with **chicken**.
- Drizzle **remaining dressing** over top, then sprinkle with **remaining Parmesan**.
- Squeeze a **lemon wedge** over top, if desired.

**Dinner Solved!**