

Lemon-Pepper Chicken

with Spinach Caesar Salad

Quick

20 Minutes









Mayonnaise

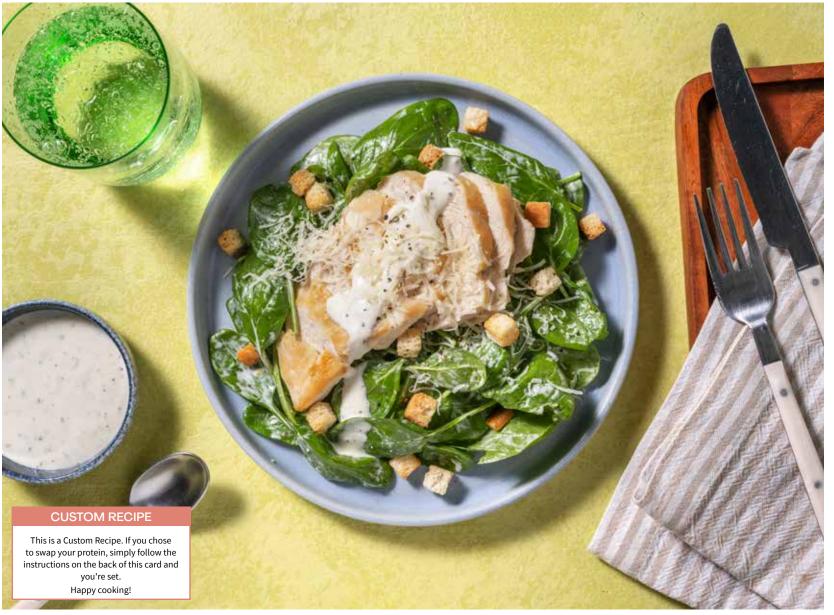


Parmesan Cheese, shredded

Baby Spinach



Lemon



HELLO LEMON-PEPPER SEASONING

Start here

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

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

Garlic Guide for Step 3:

- Mild: 1/8 tsp (1/4 tsp)
- Medium: ¼ tsp (½ tsp)
- Extra: 1/2 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 •	340 g	680 g
Croutons	28 g	56 g
Parmesan Cheese, shredded	⅓ cup	1/4 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*		
Cal+*		

- * 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.





· 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**, when the pan is hot, add ½ tbsp (1 tbsp) oil, then chicken. Pan-fry until **tenders** are golden-brown and cooked through, 3-4 min per side.**



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.

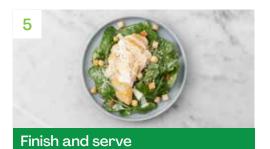


· Combine mayo, lemon zest, lemon juice, half the Parmesan, remaining Lemon-Pepper Seasoning and 1/4 tsp (1/2 tsp) garlic in a small bowl. (NOTE: Reference garlic guide.)



Make salad

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



- 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!