



Lemon-Pepper Chicken

with Spinach Caesar Salad

Quick

20 Minutes

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or

*2 Double

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Chicken Tenders *

340 g | 680 g

↻ Swap



Tofu

1 | 2



Chicken Breasts

2 | 4



Croutons

28 g | 56 g



Parmesan Cheese, shredded

1/4 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

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 | Oil*, salt*

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

1



Cook chicken

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Garlic Guide for Step 3: 1/8 tsp (1/4 tsp) mild, 1/4 tsp (1/2 tsp) medium and 1/2 tsp (1 tsp) extra!

Swap | Chicken Tenders

Swap | Tofu

- 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 1/2 **tbsp** (1 **tblsp**) **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.**

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 1/4 **tsp** (1/2 **tsp**) **garlic** in a small bowl. (**NOTE**: Reference garlic guide.)

5



Finish and serve

Swap | Tofu

- 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.

Measurements within steps

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

1 | Cook chicken tender

Swap | Chicken Tenders

If you've opted to get **chicken tenders**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts****.

1 | Cook tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board (**NOTE**: You will have two "square" **tofu** steaks). Season **tofu** with **half the Lemon-Pepper Seasoning** and **salt**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 **tblsp**) **oil**, then **tofu**. Cook, flipping once, until **tofu** is crispy, 2-3 min per side. No need to bake **tofu**. Transfer **tofu** to a plate. Set aside.

5 | Finish and serve

Swap | Tofu

Thinly slice **tofu**. Top plated **salads** with **tofu**.



Issue with your meal? Scan the QR code to share your feedback.

** 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.