

HELLO Lemon-Pepper Chicken with Spinach Caesar Salad

Quick

20 Minutes







Custom Recipe + Add Swap or 2 Double



If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥

Chicken Tenders

340 g | 680 g

1 | 2







28 g | 56 g



shredded



1/4 cup | 1/4 cup





Baby Spinach



113 g | 227 g

4 tbsp | 8 tbsp

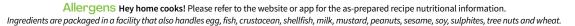


Garlic, cloves



1 | 2

1 | 1



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



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, \(\frac{1}{4} \tsp \) medium and \(\frac{1}{2} \tsp \) (1 tsp) extra!

🔘 Swap | Chicken Tenders

O 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 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.**



Make salad

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



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.



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.)



1 Cook tofu

chicken breasts.*

Measurements

1 | Cook chicken tender

O 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

within steps

O 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 nonstick pan over medium heat. When hot, add 1 tbsp (2 tbsp) 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.

1 tbsp

oil

5 | Finish and serve

Swap | Tofu

Thinly slice tofu. Top plated salads with tofu.



Finish and serve

O 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.
- ** 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.



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