



Lemon-Pepper Chicken

with Spinach Caesar Salad

20 Minutes

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Swap



Turkey Breast
Portions
340 g | 680 g



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

Swap | Turkey Breast Portions

- 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 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 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.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Measurements within steps

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

1 | Cook turkey

Swap | Turkey Breast Portions

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



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