



# Lemon Pesto Chicken

with Sweet Bell Peppers and Basmati Pilaf

Family Friendly 30 Minutes



Chicken Breasts



Lemon



Onion, chopped



Basil Pesto



Basmati Rice



Sweet Bell Pepper



Garlic Salt



Feta Cheese, crumbled

HELLO SWEET PEPPERS

*A sweet pepper is just a green pepper that has been left on the vine to ripen!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan, paper towels, baking sheet

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Lemon	1	2
Onion, chopped	56 g	113 g
Basil Pesto	¼ cup	½ cup
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Garlic Salt	1 tsp	2 tsp
Feta Cheese, crumbled	¼ cup	½ cup
Oil*		
Salt and Pepper*		

\* 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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### Cook rice

Heat a medium pot over medium heat. When hot, add ½ **tblsp oil** (dbl for 4 ppl), then **rice**, **onions** and **half the garlic salt**. Cook, stirring often, until fragrant, 2-3 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



### Cook peppers

While **chicken** bakes, heat the same pan over medium. When hot, add ½ **tblsp oil** (dbl for 4 ppl), then **peppers**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Transfer to a plate and cover to keep warm.



### Prep

While **rice** cooks, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Core, then cut **pepper** into ½-inch pieces.



### Make lemony-pesto sauce

While **peppers** cook, stir together **pesto**, **half the lemon zest** and **½ tsp lemon juice** (dbl for 4 ppl) in a small bowl.



### Cook chicken

Pat **chicken** dry with paper towels, then season with **remaining garlic salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tblsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side. Transfer **chicken** to an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 8-10 min.\*\*



### Finish and serve

Fluff **rice** with a fork, then stir in **peppers** and **remaining lemon zest**. Thinly slice **chicken**. Divide **rice** between plates, then top with **chicken**. Spoon **lemony-pesto sauce** over **chicken** and sprinkle with **feta**. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!