



Lemon-Pesto Chicken

with Sweet Bell Peppers and Basmati Pilaf

Family Friendly 30 Minutes



Chicken Breasts



Basmati Rice



Sweet Bell Pepper



Yellow Onion



Lemon



Feta Cheese,
crumbled



Basil Pesto



Garlic Salt

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.

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

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts*	2	4
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Yellow Onion	56 g	113 g
Lemon	1	1
Feta Cheese, crumbled	¼ cup	½ cup
Basil Pesto	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
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.

Contact

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Cook rice

- Heat a medium pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pot until melted, 1 min.
- Add **rice** and **half the garlic salt**. Cook, stirring often, until fragrant, 2-3 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and bring to a boil over high.
- 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 veggies

- Meanwhile, heat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers** and **onions**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 6-7 min.
- Transfer **veggies** to a plate, then cover to keep warm.



Prep

- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half of the onion** into ¼-inch pieces (whole onion for 4 ppl).



Make lemon-pesto sauce

- Meanwhile, add **pesto**, **half the lemon zest** and **½ tsp** (1 tsp) **lemon juice** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.



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 tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 2-3 min per side.
- Transfer **chicken** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 12-14 min.**



Finish and serve

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

Dinner Solved!