

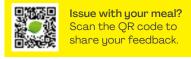
Lemon-Pesto Chicken

with Sweet Bell Peppers and Basmati Pilaf

Family Friendly

Quick

25-35 Minutes









Chicken Breasts





Yellow Onion

Feta Cheese,

Sweet Bell Pepper



Lemon





Basil Pesto

Zesty Garlic Blend



Start here

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

Measurements, 1 tbsp (2 tbsp) within steps

oil

Bust out

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

Ingredients

ing. calcine		
	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	⅓ cup	½ cup
Basil Pesto	1/4 cup	½ cup
Zesty Garlic Blend	1 tbsp	2 tbsp
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.



- Add 1 1/4 cups (2 1/2 cups) water, 1 tbsp (2 tbsp) butter and half the Zesty Garlic Blend to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add rice, then reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



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 the onion into 1/4-inch pieces (whole onion for 4 ppl).



Cook chicken

- Pat chicken dry with paper towels, then season with salt, pepper and remaining Zesty Garlic Blend.
- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1/2 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.**



Cook veggies

- · Meanwhile, heat the same pan over medium-high.
- When hot, add 1/2 tbsp (1 tbsp) oil, then peppers and onions. Season with salt and pepper. Cook, stirring occasionally, until tender-crisp, 5-6 min.
- Transfer veggies to a plate, then cover to keep warm.

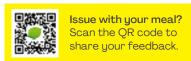


- Meanwhile, add pesto, half the lemon zest and ½ tsp (1 tsp) lemon juice to a small bowl.
- Season with salt and pepper, then stir to combine.



Finish and serve

- Fluff rice with a fork, then season with salt. 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!