



Lemon-Pesto Chicken

with Sweet Bell Peppers and Basmati Pilaf

Family Friendly

Quick

25-35 Minutes



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Chicken Breasts



Chicken Thighs



Basmati Rice



Sweet Bell Pepper



Yellow Onion



Lemon



Feta Cheese,
crumbled



Basil Pesto



Zesty Garlic Blend

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

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 |
| Chicken Thighs ♦ | 280 g | 560 g |
| 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 |
| 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.



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1



Cook rice

- Add **1 ¼ cups** (2 ½ 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.

4



Cook veggies

- Meanwhile, heat the same pan (from step 3) over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers** and **onions**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender-crisp, 5-6 min.
- Transfer to a plate, then cover to keep warm.

2



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 ¼-inch pieces (whole onion for 4 ppl).

5



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.

3



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 medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 2-3 min per side.
- Transfer to an unlined baking sheet.
- Roast in the **middle** of the oven, until cooked through, 12-14 min.**

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

6



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!