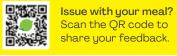


Lemon-Pesto Chicken

with Sweet Bell Peppers and Basmati Pilaf

Family Friendly 25-35 Minutes





Chicken Breasts







Basil Pesto

Basmati Rice





Yellow Onion



Feta Cheese,

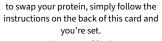


Zesty Garlic Blend



crumbled





CUSTOM RECIPE This is a Custom Recipe. If you chose

Happy cooking!

Start here

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

Measurements 1 tbsp (2 tbsp) oil steps 2 person 4 person 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	1	2
Yellow Onion	1/2	1
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.





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.



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



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 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**.



- 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.



Thanks 19111011 pools causes

- 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!