

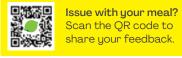
Lemon-Pesto Chicken

with Sweet Bell Peppers and Basmati Pilaf

Family Friendly

Quick

25-35 Minutes





















Basil Pesto

Feta Cheese, crumbled



Zesty Garlic Blend



HELLO SWEET PEPPERS

Start here

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

Measurements 1 tbsp (2 tbsp) oil within 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	160 g	320 g
Yellow Onion	56 g	113 g
Lemon	1	1
Feta Cheese, crumbled	⅓ cup	½ cup
Basil Pesto	⅓ 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 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 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**.



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.



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.



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!