



Golden Crumbed Chicken with herby rice and caramelised carrots

Family 35-40 mins

5



Chicken Breast



Rice



Carrot



Aioli



Honey



Lemon



Chicken Stock



Breadcrumbs



Parsley



Ground Cumin

Pantry Items: Oil, Butter, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Lid, pan with lid, pot, zester

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Rice	150 g	300 g
Carrot	2 units	4 units
Aioli	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Lemon	1 unit	2 units
Chicken Stock	1 sachet	2 sachets
Breadcrumbs	1 pack	2 packs
Parsley	5 g	10 g
Ground Cumin	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	504.5 g	100 g
Energy (kJ/kcal)	3280.3 kJ/ 784 kcal	650.2 kJ/ 155.4 kcal
Fat (g)	22 g	4.4 g
Sat. Fat (g)	2.9 g	0.6 g
Carbohydrate (g)	102.8 g	20.4 g
Sugars (g)	14 g	2.8 g
Protein (g)	45.3 g	9 g
Salt (g)	2.3 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
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Cook the Rice

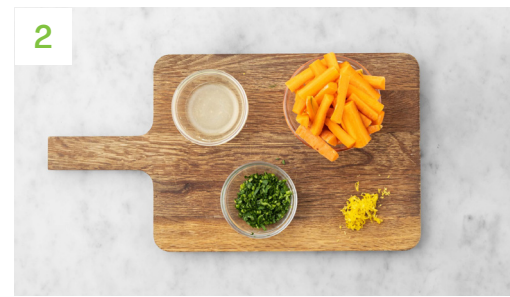
1. Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
2. Stir in the **rice** and **chicken stock powder**. Bring to the boil.
3. Once boiling, lower the heat to medium, cover and cook for 10 mins.
4. Remove from the heat (still covered) and leave aside for 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Fry the Chicken

1. Place a large pan over medium heat with a drizzle of **oil**.
2. Once the **oil** is hot, lay the butterflied **chicken** into the pan and season with **salt** and **pepper**.
3. Fry until browned and cooked through, 3-6 mins each side.
4. Once cooked, transfer to a plate and cover to rest for a couple of mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

TIP: You want the oil to be nice and hot so the chicken fries properly.



Get Prepped

1. Trim **carrot**. Halve lengthways. Cut into 1cm wide, 5cm long batons.
2. Zest and juice **lemon**.
3. Roughly chop **parsley**.
4. Lay **chicken** on chopping board. Place hand on top. Slice horizontally until there's 2cm left (don't slice all the way through). **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.



Cook Your Carrots

1. Wipe the pan clean and return to medium-high heat with a drizzle of **oil**. When the pan is hot, add 1 tbsp **butter** (double for 4p), **carrots**, **cumin**, **honey** and **half the parsley**.
2. Fry, stirring occasionally, until **carrots** are starting to caramelize, 6-7 mins.
3. Add 75ml **water** (double for 4p), pop on a lid and simmer for 6-8 mins, until the **water** is absorbed and **carrots** are tender.
4. Season to taste with 1 tsp **lemon** juice (double for 4p), **salt** and **pepper**.



Bread the Chicken

1. Mix the **aioli** and **half the lemon** zest in a bowl.
2. Add the **breadcrumbs** to a separate bowl with **salt** and **pepper**.
3. Open the **chicken breasts** up like a book and coat in **half the aioli** mixture.
4. Working with one **chicken breast** at a time, press both sides into the **breadcrumbs** to coat completely.
5. Carefully shake off any excess **breadcrumbs**.



Finish and Serve

1. Fluff up the **rice** with a fork, then stir through the remaining **lemon** zest and **parsley**. Season with **salt**.
2. Arrange the **rice**, **chicken** and **carrots** on your plates.
3. Serve the remaining **aioli** mixture on the side, for dipping.

Enjoy!