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Chicken and Rice Meal Prep Instructions

Materials Needed:

- 1/3 cup plain Greek yogurt
- 2 cloves of garlic
- 1 teaspoon fresh lemon zest
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon salt
- 2 lbs. of chicken breast
- 1 tbsp butter
- 1/2 cups rice
- 2 1/4 cups water
- 2 cups of frozen broccoli
- 4 L plastic container
- Baking sheet - 16" X 22"
- Aluminum foil
- Food safe thermometer
- Cutting Board
- Rice Cooker
- Large spoon
- Microwave-safe dish
- 3X 2L Plastic containers



Figure 1 - Example End Product

Meal Preparation Steps:

1. Mince the 2 gloves of garlic.
2. Use a lemon zester until you collect 1 teaspoon of lemon zest.
3. Juice the same lemon and collect 1 tablespoon of lemon juice.
4. Open a 4L Plastic container and add the Greek yogurt, garlic, lemon zest, lemon juice and salt.
 - a. Make sure that the 3 chicken breasts fit in the container.
5. Stir the ingredients to make the marinade.
6. Add the chicken breasts to the container.
7. Close the container and shake it around until the chicken is thoroughly covered.
8. Place the container in the refrigerator to marinate for at least 30 minutes, or up to 8 hours.
9. Preheat the oven to 375°F 15 minutes before removing the chicken from the refrigerator.
10. After marinating, remove the chicken breasts from the container and scrape off any excess marinade.
 - a. Leave some of the marinade on the chicken, as it will add flavor. You just want to remove large globs.
11. Lightly grease the aluminum foil with vegetable oil and place lay on baking sheet, oiled side up.
12. Place chicken breast on the baking sheet, making sure they are not touching.
13. Bake for 40-45 minutes.



Figure 2 - Chicken in Marinade



Figure 3 - Greased Baking Sheet

- a. Ensure the internal temperature reaches at least 165°F.
- 14.** When 30 minutes of baking time remains, retrieve your rice cooker.
- 15.** Remove the pot of the rice cooker from the cooker itself.
- 16.** Add 1 ½ cups of rice to the pot of the rice cooker.
- 17.** Add 2 ¼ cup of water to the pot of the rice cooker.
- 18.** Place rice cooker pot back into the rice cooker.
- 19.** Close the rice cooker and start cooking.
 - a. Some rice cookers have a lever that needs to be pressed down, while others may require selecting a cooking mode or pressing a start button.
 - b. A light or indicator may turn on to show that the cooking process has begun.



Figure 4 - Ricer Cooker

- 20.** When the oven timer goes off, turn the oven off.
- 21.** Open the oven door, put an oven mitt on your hand and pull the oven grate out.
- 22.** Use a food-safe thermometer to check that the thickest part of the chicken has reached 165°F.
- 23.** Once cooked, remove the baking sheet from the oven and set it aside to cool.
 - a. The rice should be cooked at this time.
- 24.** Unplug the rice cooker and open the lid.
- 25.** Add 1 tbsp of butter to the pot.
 - a. Wait for the butter to melt.
- 26.** Mix the rice in the rice pot using a large spoon.

- a. Scrape the sides of the rice pot to ensure even coverage.
- 27.** Put 2 cups of frozen broccoli in a microwave safe dish.
- 28.** Add a small amount of water (1-2 tablespoons) to the dish.



Figure 5 - Broccoli with Water

- a. This will help create steam.
- 29.** Place the dish in microwave and cook for 4 minutes.
- 30.** Retrieve your three plastic containers.
- 31.** Place them on the counter, side by side, with the lids removed.
- 32.** Use a large spoon to transfer $\frac{1}{3}$ of the rice into each of the plastic containers.
- 33.** Take one chicken breast from the baking sheet and place it on a cutting board.
- 34.** Cut the chicken breast into slices.
- 35.** Add the sliced chicken pieces into one of the plastic containers.
- 36.** Repeat steps 30-32 for the remaining two pieces of chicken.
- 37.** Take the broccoli out of the microwave and make sure it is cooked.



Figure 6 -Sliced Chicken

- a. It should be hot and tender.
- 38.** Drain any excess water from the dish.
- 39.** Scoop out $\frac{1}{3}$ of the broccoli into each of the plastic containers.
- 40.** Allow the food to cool completely before sealing the containers.
- 41.** Place containers in the refrigerator for later use.
- 42.** Remove and dispose of aluminum foil used on the baking sheet.

- 43.** Clean the rice cookers pot, the microwave safe dish and the cutting board.
- 44.** Place pot back in rice cooker and store with lid open.
 - a. This allows the pot to dry.
- 45.** Clean any utensils used throughout the process.



Figure 7 - Cleaning Dishes

Reheating Instructions:

- 1.** Remove 1 plastic container from the refrigerator.
- 2.** Remove the lid and place contents onto microwave safe plate.
- 3.** Mix the contents on the plate to distribute evenly.
- 4.** Heat for 1.5 minutes in the microwave on high.
- 5.** Check if food is heated up thoroughly.
- 6.** If not, cook it in the microwave for another 30 seconds.
- 7.** Repeat steps 5-6 until food is heated.
- 8.** Enjoy the meal.
- 9.** Clean the plate, any utensils used and the plastic container.



Figure 8 - Reheating Meal

Why I choose these Instructions:

I chose to create these meal prep instructions because I personally need to improve my meal prepping skills. As a busy college student, I often find myself struggling to find time to cook, just like the persona I created for this assignment. Between classes, homework, and other responsibilities, it's not always realistic to cook a fresh meal every night. By making these instructions, I was able to explore new meal prep ideas that fit my lifestyle and could help me eat healthier on a more consistent basis.

Additionally, I wanted to try out a new recipe that could be simple to prepare while still being nutritious and filling. Chicken and rice is a classic meal prep option, but adding a marinade and properly balancing the ingredients makes it more enjoyable and sustainable as a regular meal. Writing out the steps in detail also forced me to think critically about how to structure instructions so that they are easy to follow, especially for someone who may not be experienced in meal prepping.

By completing this assignment, I not only created a useful set of instructions but also improved my own approach to meal prepping. This process helped me recognize the importance of clear steps, efficient cooking methods, and the benefits of preparing meals ahead of time to save both time and effort during busy days.