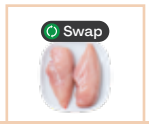




Chicken Souvlaki Dinner

with Dilly Rice and Creamy Feta Sauce

Family Friendly 25-35 Minutes



Chicken Breasts 2 | 4

Customized Protein + Add Swap or x2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Chicken Thighs 280 g | 560 g
- Basmati Rice 3/4 cup | 1 1/2 cups
- Spring Mix 28 g | 56 g
- Mini Cucumber 1 | 2
- Dill-Garlic Spice Blend 1 tsp | 2 tsp
- Lemon 1 | 2
- Feta Cheese, crumbled 1/4 cup | 1/2 cup
- Sour Cream 2 | 4
- Vegetable Stock Powder 1 tbsp | 2 tbsp

You have been entered for a chance to win 1 OF 25 FREE VIDA BBQS!

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PMS20NO Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

Ingredient quantities	56 g	113 g
	2 person	4 person

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.**

Pantry items | Oil, pepper, sugar, salt, butter

Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, zester

1



Cook rice

- Wash and dry all produce.

- Add **vegetable stock powder**, **1 ¼ cups** (2 ½ cups) **water** and **1 tbsp** (2 tbsp) **butter** 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 the pot from heat. Set aside, still covered.

2



Prep

- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Thinly slice **cucumber**.

3



Prep and cook chicken

🔄 Swap | **Chicken Breasts**

- Heat a large non-stick pan over medium-high heat.
- While pan heats, pat **chicken** dry with paper towels. Season **Dill-Garlic Spice Blend**, **salt** and **pepper**.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Reduce heat to medium. Cover with a lid and cook, flipping halfway until golden brown and cooked through, 3-4 min per side. **

4



Prep sauce and make salad

- Meanwhile, add **sour cream**, **lemon zest**, **half the feta**, **remaining Dill-Garlic Spice Blend** and **¼ tsp** (½ tsp) **sugar** to a medium bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **2 tsp** (4 tsp) **lemon juice**, **½ tbsp** (1 tbsp) **oil** and **¼ tsp** (¼ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **cucumbers** and **spring mix** to the bowl with **lemon dressing**. Toss to coat.

5



Finish and serve

- Fluff **rice** with a fork.
- Divide **rice**, **chicken** and **salad** between plates.
- Dollop **feta-dill sauce** over **chicken**.
- Sprinkle **remaining feta** over **salad**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Prep and cook chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, cook them in the same way the recipe instructs you to cook the **chicken thighs**, then increase cook time to 4-6 min per side. **

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.