



Mediterranean-Inspired Chicken and Rice

with Tomato-Feta Salsa

35 Minutes



Chicken Thighs 280 g 560 g	Tofu 1 2	Turkey Breast Portions 340 g 680 g
---------------------------------	---------------	---

Customized Protein **+** Add **↻** Swap or ***2** 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 Breasts **+**
2 | 4
-  Parboiled Rice
¾ cup | 1 ½ cup
-  Red Onion
1 | 2
-  Garlic, cloves
2 | 4
-  Baby Spinach
56 g | 113 g
-  Tomato
1 | 2
-  Chicken Broth Concentrate
1 | 2
-  Lemon-Pepper Seasoning
1 tbsp | 1 tbsp
-  Feta Cheese, crumbled
¼ cup | ½ cup
-  Lemon
1 | 2

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 | Sugar, unsalted butter, pepper, salt, oil

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, paper towels, small bowl

1



Prep

- Before starting, wash and dry all produce.

- Peel, then mince or grate **garlic**.
- Peel, then cut **onion** into ¼-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Roughly chop **spinach**.

4



Cook rice

- Stir in **rice, broth concentrate, half the lemon juice, ¼ tsp (½ tsp) salt and 1 ¼ cups (2 ½ cups) water**. Bring to a boil over high.
- Arrange **chicken** and **any juices** from plate over top.
- Reduce to medium-low. Cover and cook until **rice** is tender, liquid is absorbed and **chicken** is cooked, 15-18 min.** (TIP: Rice will absorb extra broth while it rests.)
- Transfer **cooked chicken** to a clean cutting board.
- Sprinkle **spinach** over **rice**. Remove from heat, cover, then set aside for 3-5 min.

♦ 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.

2



Cook chicken

🔄 Swap | **Chicken Thighs**

🔄 Swap | **Tofu**

🔄 Swap | **Turkey Breast Portions**

- Heat a large non-stick pan over medium-high heat. While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **1 tsp (2 tsp) Lemon-Pepper Seasoning**.
- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 1-2 min per side. (NOTE: Chicken will finish cooking in step 4.)
- Transfer **chicken** to a plate. Carefully wipe the pan clean.

5



Make tomato-feta salsa

- Meanwhile, cut **tomato** into ¼-inch pieces.
- Add **tomatoes, half the feta, ¼ tsp (½ tsp) lemon zest, ½ tsp (1 tsp) oil, ⅛ tsp (¼ tsp) sugar and remaining lemon juice** to a small bowl.
- Season with **pepper**, to taste, then stir to combine.
- Squeeze a **lemon wedge** over top, if desired.

3



Cook aromatics

- Heat the same pan over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **onions**. Cook, stirring occasionally, until slightly softened, 1-2 min.
- Add **garlic** and **½ tsp (1 tsp) Lemon-Pepper Seasoning**. Cook, stirring often, until fragrant, 30 sec.

6



Finish and serve

- Thinly slice **chicken**.
- Add **remaining feta** to **rice**, then stir until **spinach** is lightly wilted, 30 sec.
- Divide **rice** between plates, then top with **chicken**.
- Spoon **tomato-feta salsa** over **chicken**.

Measurements
within steps

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

2 | Cook chicken

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **chicken breasts****.

2 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season, cook and plate **tofu** in the same way the recipe instructs you to season, cook and plate the **chicken breasts**.

2 | Cook turkey

🔄 Swap | **Turkey Breast Portions**

If you've opted to get **turkey breast portions**, cook them in the same way the recipe instructs you to cook the **chicken breasts****.