



# Dilly Chicken and Tomato Orzo

## with Spinach and Feta

25 Minutes

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)

Swap



Chicken Thighs  
280 g | 560 g

Double



Chicken Breasts  
4 | 8



Chicken Breasts  
2 | 4



Dill-Garlic Spice Blend  
1 tsp | 2 tsp



Orzo  
170 g | 340 g



Tomato Sauce Base  
4 tbsp | 8 tbsp



Yellow Onion  
½ | 1



Baby Spinach  
56 g | 113 g



Feta Cheese, crumbled  
¼ cup | ½ cup



Chicken Stock Powder  
½ tbsp | 1 tbsp

**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, butter, salt, pepper

**Cooking utensils** | Baking sheet, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, strainer

1



## Cook orzo

- Before starting, preheat the oven to 450°F.
  - Add 8 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
  - Cover and bring to a boil over high heat.
  - Wash and dry all produce.
- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
  - Reserve **½ cup** (1 cup) **pasta water**, then drain and return **orzo** to the same pot, off heat.

4



## Cook aromatics

- Meanwhile, add **1 tbsp** (2 tbsp) **butter** to the same pan (used in step 2), then swirl the pan to melt.
- Add **onions**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.
- Add **tomato sauce base** to the pan. Cook, stirring occasionally, until it coats **onions**, 1-2 min.

2



## Cook chicken

- ◻ Swap | **Chicken Thighs**
- ✖2 Double | **Chicken Breasts**
- Meanwhile, pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Sprinkle over **half the Dill-Garlic Spice Blend**.
- Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil**, then **chicken**. (**NOTE**: Cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Pan-fry until golden-brown, 1-2 min per side.
- Transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven until cooked through, 8-10 min.\*\*

5



## Make sauce

- Once **orzo** is done, add **onions**, **reserved pasta water**, **remaining Dill-Garlic Spice Blend** and **half the chicken stock powder** (use all for 4 ppl) to the pot with **orzo**.
- Heat pot over medium heat. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Remove from heat.
- Add **spinach** and **1 tbsp** (2 tbsp) **butter**. Stir until well combined, 1 min.
- Season with **salt** and **pepper**.

3



## Prep veggies

- Peel, then cut **half the onion** into ½-inch pieces (use whole onion for 4 ppl).
- Roughly chop **spinach**.

6



## Finish and serve

- Slice **chicken**.
- Divide **orzo** between bowls, then top with **chicken**.
- Sprinkle over **feta**.

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 chicken

✖2 Double | **Chicken Breast**

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

♦ 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.