

HELLO FRESH Dilly Chicken and Tomato Orzo with Spinach and Feta

25 Minutes



Customized Protein Add Swap

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 🦫



Breasts







Chicken Breasts •

Dill-Garlic Spice Blend 1 tsp | 2 tsp

2 | 4



170 g | 340 g

Tomato Sauce Base 4 tbsp | 8 tbsp



Yellow Onion 1/2 | 1

Baby Spinach 56 g | 113 g

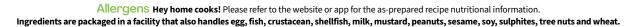


Feta Cheese, crumbled



¼ cup | ½ cup

Chicken Stock Powder 1/2 tbsp | 1 tbsp



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



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 1/2 cup (1 cup) pasta water, then drain and return **orzo** to the same pot, off heat.



Cook chicken

🗘 Swap | Chicken Thighs

😢 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 mediumhigh heat. When hot, add 1/2 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.**



Prep veggies

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



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.



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.



Finish and serve

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

Measurements 1 tbsp within steps 2 person

(2 tbsp) Ingredient

oil

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

🔀 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.