

HELLO Mediterranean-Inspired Chicken and Rice

with Tomato-Feta Salsa

35 Minutes





(C) 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 降









Chicken Breasts 2 4

Parboiled Rice 3/4 cup | 1 1/2 cups



Red Onion



1 | 2

Garlic, cloves 2 | 4





Baby Spinach 56 g | 113 g







Chicken Broth Concentrate 1 | 2









Feta Cheese. crumbled 1/4 cup | 1/2 cup

Ingredient quantities

1 2



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



Prep

- · Before starting, wash and dry all produce.
- Garlic Guide for Step 5:
 - Mild: 1/8 tsp (1/4 tsp) Medium: 1/4 tsp (1/2 tsp)
 - Extra: ½ tsp (1 tsp)
- Peel, then mince or grate garlic.
- Peel, then cut **onion** into 1/4-inch pieces.
- Zest, then juice half the lemon. Cut remaining lemon into wedges.
- Roughly chop spinach.



Cook chicken

O Swap | Chicken Thighs

😢 Double | Chicken Breasts

- · Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat chicken dry with paper towels. Season with salt and half the Lemon-Pepper Seasoning.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, 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.



Cook aromatics

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



2 Cook chicken

the chicken breasts.

Measurements

2 | Cook chicken

O Swap | Chicken Thighs

If you've opted to get chicken thighs, prep, cook and plate them in the same way the recipe instructs you to prep, cook and plate

within steps

2 Double | Chicken Breasts

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

1 tbsp

2 person

oil

Ingredient



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 abdsorb 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.



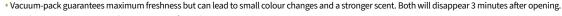
Make tomato-feta salsa

- Meanwhile, cut tomato into ¼-inch pieces.
- Add tomatoes, half the feta, ¼ tsp (½ tsp) lemon zest, ½ tsp (1 tsp) oil, ½ 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.



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.



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