



# Mediterranean-Inspired Chicken and Rice

## with Tomato-Feta Salsa

35 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)

<a href="#">↻ Swap</a>	<a href="#">*2 Double</a>
Chicken Thighs 280g   560g	Chicken Breasts 4   8



Chicken Breasts 2   4	Parboiled Rice ¾ cup   1 ½ cups
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   2 tbsp
Feta Cheese, crumbled ¾ 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, zester

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## 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: 1/2 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**.

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## Cook rice

- Stir in **rice**, **broth concentrate**, **half the lemon juice**, **1/4 tsp** (1/2 tsp) **salt** and **1 1/4 cups** (2 1/2 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.

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## Cook chicken

🔄 Swap | **Chicken Thighs**

\*2 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 **1/2 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.

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## 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.

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## Make tomato-feta salsa

- Meanwhile, cut **tomato** into 1/4-inch pieces.
- Add **tomatoes**, **half the feta**, **1/4 tsp** (1/2 tsp) **lemon zest**, **1/2 tsp** (1 tsp) **oil**, **1/8 tsp** (1/4 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.

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## 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**, prep, cook and plate them in the same way the recipe instructs you to prep, cook and plate the **chicken breasts**.

## 2 | Cook chicken

\*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.