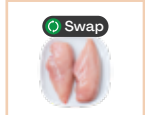




# SuperQuick Mediterranean Chicken with Sun-Dried Tomato Pesto Orzo

15 Minutes



Chicken  
Breasts  
2 | 4

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](http://www.hellofresh.ca)



- Chicken Breast, Diced  
310 g | 620 g
- Orzo  
170 g | 340 g
- Sun-Dried Tomato Pesto  
1/4 cup | 1/2 cup
- Chicken Broth Concentrate  
1 | 2
- Cream Cheese  
2 | 4
- Yellow Onion, chopped  
56 g | 113 g
- Baby Spinach  
56 g | 113 g
- Mediterranean Spice Blend  
1 tbsp | 2 tbsp
- Feta Cheese, crumbled  
1/4 cup | 1/2 cup

**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 | Unsalted butter, oil, salt, pepper

Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons, paper towels

1



## Cook orzo

- Before starting, add 8 cups water and 1 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.
- Drain and return **orzo** to the same pot, off heat.

2



## Cook chicken

🔄 Swap | **Chicken Breasts**

- Meanwhile, heat a large non-stick pan over high heat.
- Pat **chicken** dry with paper towels. Add **chicken** to a plate or flat surface, then season all over with **Mediterranean Spice Blend**, **salt** and **pepper**.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then swirl the pan to melt.
- Add **chicken** and **onions**. Cook, stirring often, until **chicken** is cooked through, 3-4 min.\*\*

3



## Make sauce

- Reduce heat to medium-high.
- Add **cream cheese** and **1 cup** (2 cups) **water** to the pan with **chicken**. Cook, stirring often, until **cheese** is melted, 1-2 min.
- Add **pesto** and **broth concentrate**. Cook, stirring often, until combined, 1-2 min.
- Once **orzo** is cooked, add **sauce**, **2 tbsp** (4 tbsp) **butter** and **spinach** to pot with **orzo**. Stir until **spinach** is wilted, 1 min.
- Season with **salt** and **pepper**.

4



## Finish and serve

- Divide **Mediterranean chicken** and **pesto orzo** between bowls.
- Sprinkle **feta** over top.

Measurements  
within steps

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

## 2 | Cook chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, preheat the oven to 450°F. Pat **chicken** dry with paper towels, then season all over with **Mediterranean Spice Blend**, **salt** and **pepper**. When pan is 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, 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.\*\* Meanwhile, add **onions** to the same pan. Cook, stirring often, until softened, 3-4 min. Once **chicken** is finished cooking thinly slice.

♦ 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.