



# Dill-Garlic Chicken Dinner

## with Buttery Rice and Creamy Feta Sauce

Family Friendly 30 Minutes

Customized Protein

+ Add

Swap

or

x2 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)



Chicken Breasts* 2   4	Tofu 1   2	Chicken Thighs* 560 g   1120 g
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- Chicken Thighs\*  
280 g | 560 g
- Basmati Rice  
¾ cup | 1 ½ cups
- Spring Mix  
28 g | 56 g
- Baby Tomatoes  
113 g | 227 g
- Dill-Garlic Spice Blend  
1 tsp | 2 tsp
- Lemon  
1 | 2
- Feta Cheese, crumbled  
¼ cup | ½ cup
- Sour Cream  
2 | 4
- Vegetable Stock Powder  
1 tbsp | 2 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.*

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

**Pantry items** | Oil, pepper, sugar, salt, butter

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

1



### Cook rice

- Wash and dry all produce.

- To a medium pot, add **vegetable stock powder**, **1 cup** (2 cups) **water** and **1 tbsp** (2 tbsp) **butter**. Cover and bring to a boil over high.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook for 12-14 min, until **rice** is tender and liquid is absorbed.
- Remove the pot from heat. Set aside, still covered.

4



### Prep sauce and make salad

- Meanwhile, to a medium bowl, add **sour cream**, **lemon zest**, **half the feta**, **remaining Dill-Garlic Spice Blend** and  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  tsp) **sugar**. Season with **salt** and **pepper**, then stir to combine.
- To a large bowl, add **2 tsp** (4 tsp) **lemon juice**,  $\frac{1}{2}$  **tbsp** (1 tbsp) **oil** and  $\frac{1}{8}$  **tsp** ( $\frac{1}{4}$  tsp) **sugar**. Season with **salt** and **pepper**, then stir to combine.
- Add **tomato** and **spring mix** to the bowl with **lemon dressing**. Toss to coat.

2



### Prep

- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Cut **tomato** into  $\frac{1}{4}$ -inch pieces.

5



### Finish and serve

- Fluff **rice** with a fork.
- Divide **rice**, **chicken** and **salad** between plates.
- Dollop **feta-dill sauce** over **chicken**.
- Sprinkle **remaining feta** over **salad**.
- Squeeze a **lemon wedge** over top, if you like.

3



### Prep and cook chicken

- Heat a large non-stick pan over medium-high.
- While the pan heats, pat **chicken** dry with paper towels. Season with **half the Dill-Garlic Spice Blend**, **salt** and **pepper**.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Reduce heat to medium. Cover with a lid and cook for 3-4 min per side, flipping halfway, until golden and cooked through.\*\*

**Measurements within steps** | **1 tbsp** (2 tbsp) **oil**  
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### 3 | Prep and cook chicken

Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, season in the same way the recipe instructs you to season **chicken thighs**. Increase pan-frying time to 6-7 min per side.

### 3 | Prep and cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** the same way the recipe instructs you to season **chicken**. Pan fry 2-3 min per side, until golden. Plate **tofu** in the same way the recipe instructs you to plate the **chicken**.

### 3 | Prep and cook chicken

Swap | **Chicken Thighs**

If you've opted for **double chicken**, prep and cook in the same way the recipe instructs you to cook the **regular portion of chicken**. Don't crowd the pan; work in batches if needed.

\* 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 165°F.