



Chicken Souvlaki Dinner Plate

with Dilly Rice and Feta Sauce

Family Friendly

25-35 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

- Chicken Thighs
- Chicken Breasts
- Basmati Rice
- Spring Mix
- Roma Tomato
- Mini Cucumber
- Dill
- Lemon
- Feta Cheese, crumbled
- Sour Cream
- Vegetable Stock Powder

HELLO DILL

This delicate herb comes from the same family as parsley and celery!

Start here

Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Medium bowl, zester, measuring spoons, medium pot, large bowl, measuring cups, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|------------------------|----------|----------|
| Chicken Thighs ♦ | 280 g | 560 g |
| Chicken Breasts ♦ | 2 | 4 |
| Basmati Rice | ¾ cup | 1 ½ cups |
| Spring Mix | 28 g | 56 g |
| Roma Tomato | 80 g | 160 g |
| Mini Cucumber | 66 g | 132 g |
| Dill | 7 g | 14 g |
| Lemon | 1 | 2 |
| Feta Cheese, crumbled | ¼ cup | ½ cup |
| Sour Cream | 3 tbsp | 6 tbsp |
| Vegetable Stock Powder | 1 tbsp | 2 tbsp |
| Butter* | 1 tbsp | 2 tbsp |
| Sugar* | ½ tsp | ¾ tsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

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

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

Contact

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Cook rice

- Add **vegetable stock powder**, **1 ¼ cups** (2 ½ cups) **water** and **1 tbsp** (2 tbsp) **butter** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Prep sauce and salad

- Meanwhile, add **sour cream**, **lemon zest**, **half the dill**, **half the feta** and **¼ tsp** (½ tsp) **sugar** to a medium bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **2 tsp** (4 tsp) **lemon juice**, **½ tbsp** (1 tbsp) **oil**, and **⅛ tsp** (¼ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **cucumbers**, **tomatoes** and **spring mix** to the bowl with **dressing**. Toss to coat.



Prep

- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Thinly slice **cucumber**.
- Cut **tomato** into ¼-inch pieces.
- Roughly chop **dill**.



Finish and serve

- Fluff **rice** with a fork, then stir in **remaining dill**.
- 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 desired.

Dinner Solved!



Prep and cook chicken

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

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**, then increase the cook time to 6-7 min per side. **