

# Chicken Souvlaki Dinner Plate

with Dilly Rice and Feta Sauce

Family Friendly 25–35 Minutes





Chicken Thighs











Mini Cucumber

Spring Mix

Roma Tomato





Feta Cheese,



Vegetable Stock Powder



Lemon

## Start here

Wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), within steps

4 person Ingredient

#### **Bust out**

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

# Ingredients

3. 5 3. 5		
	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	⅓ 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

Call us | (855) 272-7002 HelloFresh.ca





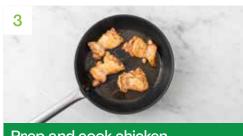
#### Cook rice

- Add vegetable stock powder, 1 1/4 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

- Zest, then juice half the lemon. Cut remaining lemon into wedges.
- Thinly slice cucumber.
- Cut tomato into 1/4-inch pieces.
- Roughly chop dill.



## Prep and cook chicken

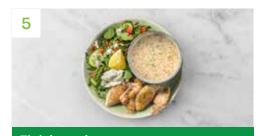
- Heat a large non-stick pan over mediumhigh heat.
- While pan heats, pat **chicken** dry with paper towels. Season with salt and pepper.
- When hot, add 1 tbsp (2 tbsp) oil, then chicken. Reduce heat to medium. Cover with a lid and cook, flipping halfway until goldenbrown and cooked through, 3-4 min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



## Prep sauce and salad

- Meanwhile, add sour cream, lemon zest, half the dill, half the feta and 1/4 tsp (1/2 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 1/8 tsp (1/4 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.



#### 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!**