

HELLO FRESH Dill-Garlic Chicken with Creamy Veggie Orzo

25 Minutes





Customized Protein Add Swap



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 🎥

Chicken Thighs 280 g | 560 g



Chicken Breasts



2 | 4







1 | 2

Baby Spinach 56 g | 113 g



Cream Cheese



43 g | 86 g

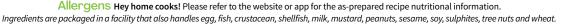
Blend 1 tsp | 2 tsp



Parmesan Cheese, grated 1/4 cup | 1/2 cup



Concentrate 2 | 4



Cooking utensils | Baking sheet, medium bowl, measuring spoons, medium pot, parchment paper, measuring cups, whisk, large non-stick pan, paper towels



Cook chicken

- · Before starting, preheat oven to 425°F.
- Add 6 cups water and 1 tsp salt to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat. Wash and dry all produce.

O Swap | Chicken Thighs O Swap | Tofu

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat chicken dry with paper towels. Season with half the Dill-Garlic Spice Blend, salt and pepper.
- When the pan is hot, add 1/2 tbsp (1 tbsp) oil, then **chicken**. (NOTE: Don't overcrowd the pan; cook in 2 batches if needed.)
- Cook until golden, 1-2 min per side. Transfer to a parchment-lined baking sheet.
- Bake in the middle of the oven until cooked through, 12-14 min.**



Cook orzo

- While chicken cooks, add orzo to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve 3/4 cup (1 cup) pasta water, then drain and return **orzo** to the same pot, off heat.



Prep

- Meanwhile, halve zucchini lengthwise, then cut into ¼-inch half-moons
- Roughly chop **spinach**.



1 | Cook tofu

chicken breasts.

Measurements

1 | Cook chicken thighs

Swap | Chicken Thighs

within steps

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (NOTE: You will have 2 square tofu "steaks" per block.) Season in the same way the recipe instructs you to season the chicken breasts.

1 tbsp

If you've opted to get chicken thighs, prepare, cook and plate them in the same way the recipe instructs you to prepare and cook the

oil

(2 tbsp)

Pan-fry **tofu** until golden, 2-3 min per side. Transfer to a plate. Cover to keep warm. No need to bake **tofu** after pan-frying. Plate in the same way the recipe instructs you to plate the chicken.



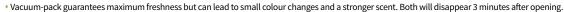
Cook zucchini

- Reheat the same pan (from step 2) over medium. When hot, add 1 tbsp (2 tbsp) butter, then swirl the pan until melted, 30 sec.
- Add zucchini. Season with salt and pepper. Cook, stirring often, until tender-crisp and golden, 2-3 min.
- While zucchini cooks, add cream cheese, broth concentrates, remaining Dill-Garlic Spice Blend and reserved pasta water to a medium bowl. Whisk until smooth.



Finish and serve

- Add sauce mixture, orzo, spinach, Parmesan and any chicken juices from the baking sheet to the pan with **zucchini**.
- Season with salt and pepper, then stir to mix.
- Cook, stirring often, until spinach wilts and **sauce** is creamy and absorbed, 1-2 min. (TIP: For a lighter sauce consistency, add additional water, 1-2 tbsp at a time, if desired.)
- Thinly slice dill-garlic chicken.
- Divide orzo and chicken between bowls.



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

