



# Mediterranean Orzo Salad with Bocconcini and Oregano

Veggie

30 Minutes

+ Add



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 Tenders  
310 g | 620 g



Orzo

170 g | 340 g



Bocconcini  
Cheese

100 g | 200 g



Baby Spinach

113 g | 227 g



Feta Cheese,  
crumbled

1/4 cup | 1/2 cup



Baby Tomatoes

113 g | 227 g



White Wine  
Vinegar

2 tbsp | 4 tbsp



Oregano

7 g | 7 g



Red Onion

1/2 | 1



Garlic, cloves

2 | 4



Mixed Olives

30 g | 60 g

**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** | Oil, salt, pepper, sugar

**Cooking utensils** | Strainer, measuring spoons, medium pot, large bowl, measuring cups, whisk, large non-stick pan

1



### Cook orzo

- Before starting, wash and dry all produce.
- 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.
- 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. (**NOTE:** Rinse orzo under cold water for 1 min if you don't like warm pasta salad.)

4



### Cook veggies

+ Add | Chicken Tenders

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add **1 tbsp (2 tbsp) oil**, then **garlic, onions, spinach** and **oregano**.
- Cook, stirring occasionally, until **onions** soften slightly, 2-3 min.
- Season with **salt** and **pepper**.

2



### Prep

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.
- Quarter **bocconcini**.
- Drain, then roughly chop **olives**.
- Halve **tomatoes**.
- Strip **1 tbsp (2 tbsp) oregano leaves** from stems, then finely chop.
- Peel, then mince or grate **garlic**.

5



### Finish and serve

+ Add | Chicken Tenders

- Add **orzo** and **sauteed veggies** to the bowl with **marinated veggies and bocconcini**.
- Toss to combine.
- Divide **Mediterranean orzo salad** between plates.
- Sprinkle **feta** over top.

3



### Marinate veggies and bocconcini

- Whisk together **vinegar, 1 tbsp (2 tbsp) oil** and **¼ tsp (½ tsp) sugar** in a large bowl.
- Add **olives, bocconcini** and **tomatoes**.
- Season with **salt** and **pepper**, then toss to combine. Set aside.

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

### 4 | Cook chicken

+ Add | Chicken Tenders

If you've opted to add **chicken tenders**, pat dry with paper towels, then halve crosswise. Season with **salt** and **pepper**.

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp (2 tbsp) oil**, then **chicken**. Sear until golden, 4-5 min per side. Add **garlic, onions, spinach** and **oregano**. Cook, stirring occasionally, until **onions** soften slightly and **chicken** is cooked through, 2-3 min.\*\*

### 5 | Finish and serve

+ Add | Chicken Tenders

Add **chicken** to the bowl with **marinated veggies and bocconcini**.

\* 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.



Issue with your meal? Scan the QR code to share your feedback.