



GREEK CHICKEN BOWLS WITH TZATZIKI

with Chicken Thighs, Yellow Rice & Pitas

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
White Rice



1 | 2
Chicken Stock
Concentrate



1 tsp | 1 tsp
Turmeric



¼ oz | ¼ oz
Dill



1 | 2
Mini Cucumber



1 | 2
Lemon



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



4 TBSP | 8 TBSP
Yogurt
Contains: Milk



2 tsp | 4 tsp
Garlic Powder



10 oz | 20 oz
Diced Chicken
Thighs



1 tsp | 2 tsp
Dried Oregano



2 | 4
Pitas
Contains: Sesame,
Wheat



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HELLO

TZATZIKI

A cool, creamy Greek cucumber-yogurt sauce
flavored with herbaceous dill and tangy lemon



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 700



LEMON LOVE

Roll the lemon under your palm on the countertop before quartering. This hack softens the fruit, making it easier to get all the juice out when you squeeze it.

BUST OUT

- Small pot
- Large pan
- Small bowl
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

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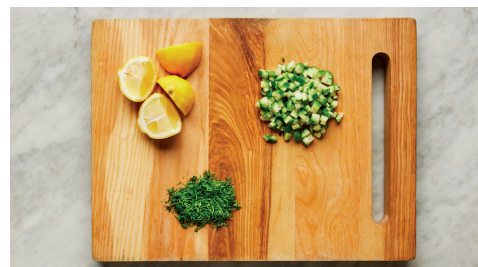
1 COOK RICE

- In a small pot, combine **rice, stock concentrate, ¾ cup water, ¼ tsp turmeric,** and a pinch of **salt** (1½ cups water and ½ tsp turmeric for 4 servings). (Be sure to measure the turmeric—we sent more!) Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



4 COOK CHICKEN

- Open package of **chicken*** and drain off any excess liquid. **TIP: For seamless timing, start chicken when rice has 10 minutes remaining!**
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer; season with **oregano, remaining garlic powder, salt,** and **pepper.** Cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



2 PREP

- Meanwhile, **wash and dry produce.**
- Trim and finely dice **cucumber.** Quarter **lemon.** Pick and roughly chop fronds from **dill.**



5 WARM PITAS

- Wrap **pitas** in damp paper towels; microwave until warm and pliable, 30-40 seconds.
- Cut into quarters.



3 MAKE TZATZIKI

- In a small bowl (medium bowl for 4 servings), combine **cucumber, sour cream, yogurt, half the garlic powder** (you'll use the rest in the next step), **juice from one lemon wedge,** and a **pinch of dill** (juice from two lemon wedges and a large pinch of dill for 4). Season with **salt** and **pepper.**



6 FINISH & SERVE

- Fluff **rice** with a fork.
- Divide **rice, chicken, and pitas** between shallow bowls in separate sections. Serve with **tzatziki** and **remaining lemon wedges** on the side.

*Chicken is fully cooked when internal temperature reaches 165°.