



HERBED CHICKEN & LEMONY RICE BOWLS

with Dark Meat Chicken, Tomato-Dill Relish & White Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



1 | 2
Tomato



¼ oz | ½ oz
Dill



1 | 2
Lemon



¾ Cup | 1½ Cups
White Rice



1 | 2
Chicken Stock Concentrate



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



1 tsp | 2 tsp
Garlic Powder



10 oz | 20 oz
Diced Skinless Dark Meat Chicken



1 TBSP | 2 TBSP
Onion Powder



1 tsp | 1 tsp
Dried Oregano



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



1½ Cups | 2½ Cups
Brown Rice

Calories: 1050



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 760



HELLO FRESH

HELLO

DILL

A feather-like herb with a fresh, grassy flavor often used in Mediterranean cuisine

RICE, RICE BABY

Fluffing rice with a fork right before serving is an essential step; this helps each grain keep its texture, yielding lighter results.

BUST OUT

- Zester
 - Small pot
 - 2 Small bowls
 - Large pan
 - Kosher salt
 - Black pepper
 - Olive oil (2 tsp | 2 tsp)
 - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh



1 PREP

- Wash and dry produce.
- Halve, peel, and thinly slice **onion**; mince a few slices until you have 1 TBSP (2 TBSP for 4 servings). Dice **tomato** into ½-inch pieces. Pick **dill fronds** from stems; roughly chop. Zest and quarter **lemon**.




4 COOK CHICKEN

- Heat a **large drizzle of olive oil** in a large pan over medium-high heat. Add **sliced onion** and cook, stirring occasionally, until just beginning to soften, 1-2 minutes.
- Open package of **chicken*** and drain off any excess liquid.
- Add chicken, **onion powder**, **half the oregano (all for 4 servings)**, **remaining garlic powder**, **salt**, and **pepper**. Cook, stirring occasionally and lowering heat if browning too quickly, until browned and cooked through, 4-6 minutes.



2 START RICE

- Melt **1 TBSP butter** (2 TBSP for 4 servings) in a small pot over medium-high heat. Add **minced onion**; cook, stirring, until fragrant, 30 seconds. Stir in **rice**, **stock concentrate**, **1¼ cups water** (2¼ cups for 4), and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-20 minutes.
 - Keep covered off heat until ready to use.
-  Swap in **brown rice** for white rice. Use **1¾ cups water** (3½ cups for 4 servings) and a **big pinch of salt**. Cook until tender, 20-25 minutes. (Save white rice for another use.)



5 FINISH RICE

- Fluff **rice** with a fork; stir in as much **lemon zest** as you like. Taste and season with **salt** and **pepper** if desired.



3 MAKE RELISH & SAUCE

- In a small bowl, combine **tomato** with as much **dill** as you like; season with **salt** and **pepper**. Set aside, stirring occasionally, until ready to serve.
- In a separate small bowl, combine **sour cream**, **mayonnaise**, **half the garlic powder (you'll use the rest later)**, and a **squeeze of lemon juice**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



6 SERVE

- Divide **rice** between bowls. Top with **chicken** and **tomato-dill relish** in separate sections. Drizzle chicken with **white sauce** and serve with **remaining lemon wedges** on the side.

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