



## MEDITERRANEAN CHICKEN - DINNER

## CHICKEN WRAP - LUNCH



**COOK IT ONCE, EAT IT TWICE**

Tonight's dinner extras transform into tomorrow's lunch.

**DINNER | TOTAL: 45 MIN | CALORIES: 750**

**LUNCH | TOTAL: 5 MIN | CALORIES: 610**

### INGREDIENTS FOR: 2-person | 4-person



Garlic  
2 Cloves | 4 Cloves



Lemons  
2 | 3



Roma Tomatoes  
2 | 3



Parsley  
¼ oz | ½ oz



Red Wine Vinegar  
5 tsp | 10 tsp



Mediterranean  
Spice Blend  
1 TBSP | 2 TBSP



Flour Tortillas  
(Contains: Wheat)  
2 | 2



Jasmine Rice  
½ Cup | 1 Cup



Persian Cucumbers  
2 | 3



Shallot  
1 | 2



Sour Cream  
(Contains: Milk)  
8 TBSP | 12 TBSP



Chicken Breasts  
24 oz | 36 oz



Feta Cheese  
(Contains: Milk)  
1 Cup | 1½ Cups



**BUST OUT** • Small pot • Zester • Medium bowl • 2 Small bowls • Large pan • Paper towel • Vegetable oil (1 tsp | 2 tsp) • Olive oil (1 TBSP | 2 TBSP) • Sugar (½ tsp | 1 tsp) • Butter (2 TBSP | 4 TBSP) (Contains: Milk)



## DINNER



### 1 COOK RICE

**Wash and dry all produce.** Mince or grate **garlic**. Heat a drizzle of **oil** in a small pot over medium-high heat. Add garlic and cook, tossing, until fragrant, 30 seconds to 1 minute. Pour **1 cup water** into pot and bring to a boil. Add **rice**, stir, and reduce to a gentle simmer. Cover and cook until tender, about 15 minutes. Set aside off heat until rest of meal is ready.



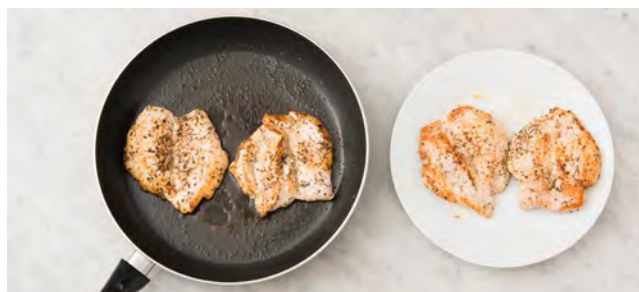
### 2 PREP

Zest **lemons** until you have 1 tsp zest, then cut each into quarters. Trim stem end from one **cucumber**, then quarter lengthwise. Slice crosswise into ¼-inch-thick triangles. Dice one **tomato** (save remaining cucumber and tomato for lunch). Halve and peel **shallot**. Slice one half into thin strands; mince other half until you have 2 TBSP. Pick **parsley leaves** from stems. Mince stems; save leaves for garnish.



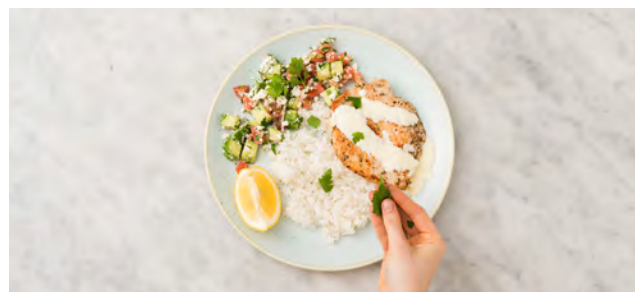
### 3 MAKE TOPPINGS

In a medium bowl, toss **diced tomato**, **sliced cucumber**, **minced shallot**, **parsley stems**, a drizzle of **olive oil**, and a squeeze or two of **lemon juice**. Season with **salt** and **pepper**. Set aside. In a small bowl, mix **4 TBSP sour cream** (2 packs), **lemon zest**, and a squeeze of lemon juice. Season with salt and pepper. In another small bowl, toss **sliced shallot**, **vinegar**, and **½ tsp sugar**. Season with salt and pepper.



### 4 BUTTERFLY AND COOK CHICKEN

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel. With your hand on top of one piece, cut ¾ of the way, parallel to cutting board, stopping before you slice through. Open it up like a book. Repeat with other pieces. Season chicken all over with **salt**, **pepper**, and **spice blend**. Add to pan in a single layer, working in batches if needed. Cook until no longer pink, 3-4 minutes per side. Remove from pan and let rest.



### 5 FINISH AND SERVE DINNER

Pour out any excess oil in pan, then add **2 TBSP butter** and **juice** from one lemon quarter and heat over medium-high heat. Stir to combine and melt butter. Fluff **rice** with a fork and divide between plates. Arrange half the **chicken** on top. Pour butter sauce over chicken, then dollop with **sour cream mixture**. Arrange **cucumber salad** to the side and sprinkle with half the **feta**, half the **sliced shallot**, and all of the **parsley leaves**. Serve with any remaining lemon.

## LUNCH



### 6 MAKE LUNCH WRAPS FOR TWO

When you're ready to prep lunch, cut remaining **chicken** into bite-sized pieces. Halve remaining **cucumber** lengthwise, then cut lengthwise into thin sticks. Slice remaining **tomato** into thin rounds. Spread **tortillas** with remaining **sour cream**, then fill each with remaining **feta**, **shallot**, chicken, cucumber, and tomato. Roll into wraps and pack in lunchboxes. Keep refrigerated before enjoying (we recommend eating chilled or at room temperature).