



# MEDITERRANEAN CHICKEN - DINNER

# CHICKEN WRAP - LUNCH




**COOK IT ONCE, EAT IT TWICE**

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

<b>DINNER</b>	<b>TOTAL: 45 MIN</b>	<b>CALORIES: 700</b>
<b>LUNCH</b>	<b>TOTAL: 5 MIN</b>	<b>CALORIES: 490</b>

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

- |  |   |   |   |   |   |  |
|--|---|---|---|---|---|--|
| <br>Garlic<br>2 Cloves   4 Cloves | <br>Lemons<br>2   3  | <br>Roma Tomatoes<br>2   3     | <br>Parsley<br>¼ oz   ½ oz                             | <br>Red Wine Vinegar<br>5 tsp   10 tsp | <br>Mediterranean Spice Blend<br>1 TBSP   2 TBSP       | <br>Flour Tortillas<br>(Contains: Wheat)<br>2   2 |
| <br>Jasmine Rice<br>½ Cup   1 Cup | <br>Shallot<br>1   2 | <br>Persian Cucumbers<br>2   3 | <br>Sour Cream<br>(Contains: Milk)<br>6 TBSP   10 TBSP | <br>Chicken Cutlets<br>20 oz   30 oz   | <br>Feta Cheese<br>(Contains: Milk)<br>1 Cup   1½ Cups |  |

## BUST OUT

• Small pot • Zester • Medium bowl • 2 Small bowls • Paper towels • Large pan • 2 Reusable containers  
• Oil (1 tsp | 2 tsp) • Olive oil (1 TBSP | 2 TBSP) • Sugar (½ tsp | 1 tsp) • Butter (2 TBSP | 4 TBSP) (Contains: Milk)



Chicken is fully cooked when internal temperature reaches 165 degrees.

## 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, stirring, until fragrant, 30 seconds to 1 minute. Add **¾ cup water** and bring to a boil. Once boiling, stir in **rice**. Reduce heat, cover, and cook until tender, about 15 minutes. Keep covered until ready to serve.



### 2 PREP

Zest **lemons** until you have 1 tsp; quarter lemons. Quarter **1 cucumber** lengthwise; slice crosswise into ¼-inch-thick triangles. Dice **1 tomato**. (Save remaining cucumber and tomato for lunch.) Halve and peel **shallot**. Thinly slice one half; mince other half until you have 2 TBSP. Pick **parsley leaves** from stems. Mince stems; save leaves for garnish.



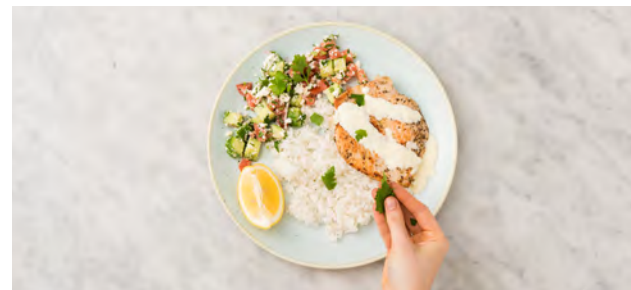
### 3 MAKE SALAD, CREMA, AND PICKLES

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



### 4 COOK CHICKEN

Pat **chicken** dry with paper towels; season all over with **salt**, **pepper**, and **Mediterranean Spice**. Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-6 minutes per side. Remove from pan and let rest.



### 5 FINISH AND SERVE DINNER

Pour out any excess oil from pan, then add **2 TBSP butter** and juice from **1 lemon wedge** 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 **crema**. Arrange **cucumber salad** to the side and sprinkle with half the **feta**, half the **pickled shallot**, and all of the **parsley leaves**. Serve with any remaining lemon wedges on the side for squeezing over.

## 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**, remaining **pickled shallot**, chicken, cucumber, and tomato. Roll into wraps and pack in reusable containers. Keep refrigerated before enjoying (we recommend eating chilled or at room temperature).

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