













Greek-Inspired Chicken Bowls

with Roasted Peppers and Dill-Garlic Sauce

Family Friendly 25-35 Minutes



-  Chicken Tenders
-  Basmati Rice
-  Sweet Bell Pepper
-  Roma Tomato
-  Lemon
-  Green Onion
-  Feta Cheese, crumbled
-  Dill-Garlic Spice Blend
-  Sour Cream
-  Garlic Salt

HELLO SWEET PEPPERS

A sweet pepper is just a green pepper that has been left on the vine to ripen!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, zester, medium pot, small bowl, measuring cups, paper towels, parchment paper

Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Roma Tomato	160 g	320 g
Lemon	1	1
Green Onion	2	4
Feta Cheese, crumbled	¼ cup	½ cup
Dill-Garlic Spice Blend	1 tsp	2 tsp
Sour Cream	6 tbsp	12 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

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Cook rice

- Add **1 ¼ cups water**, **1 tbsp butter** (dbl both for 4 ppl) and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Marinate tomatoes

- Meanwhile, add **tomatoes**, **half the Dill-Garlic Blend**, **half the green onions**, **¼ tsp sugar**, **½ tsp lemon juice** and **½ tsp oil** (dbl all for 4 ppl) to a medium bowl.
- Season with **salt** and **pepper**, then stir to combine.



Prep

- Meanwhile, core, then cut **pepper** into 1-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Thinly slice **green onions**.
- Cut **tomatoes** into ½-inch pieces.



Make sauce

- Add **sour cream**, **remaining Dill-Garlic Blend**, **¼ tsp sugar** and **½ tsp water** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Stir in as much **lemon zest** as desired.



Roast peppers and chicken

- Add **peppers** and **½ tsp oil** (dbl for 4 ppl) to one side of a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Pat **chicken** dry with paper towels. On a separate cutting board, cut **chicken** into 1-inch pieces.
- Add **chicken**, **remaining garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to other side of the baking sheet with **peppers**. Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven until **peppers** are tender and **chicken** is cooked through, 10-12 min.**



Finish and serve

- Fluff **rice** with a fork, then stir in **remaining green onions**.
- Divide **rice** between plates. Top with **chicken** and **peppers**.
- Spoon **tomatoes** and **any remaining marinade** from the bowl over top.
- Dollop with **dill-garlic sauce** and sprinkle with **feta**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!