



Souvlaki-Style Chicken

with Lemony Rice and Chopped Salad

30 Minutes



Chicken Breasts



Parboiled Rice



Lemon



Parsley



Lemon-Pepper
Seasoning



Chicken Broth
Concentrate



Baby Tomatoes



Spring Mix



Feta Cheese,
crumbled

HELLO FETA CHEESE

No Greek dinner would be complete without this salty, briny, creamy Mediterranean cheese!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, zester, medium pot, large bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Parboiled Rice	¾ cup	1 ½ cup
Lemon	1	2
Parsley	7 g	14 g
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Baby Tomatoes	113 g	227 g
Spring Mix	56 g	113 g
Feta Cheese, crumbled	¼ cup	½ cup
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 our meal kit labels for the most current allergen 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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Prep

Add **1 ¼ cups water**, **½ tsp Lemon Pepper Seasoning** (dbl both for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, halve **tomatoes**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Roughly chop **parsley**.



Make salad

While the **chicken** bakes, whisk together **½ tbsp lemon juice**, **½ tsp sugar** and **1 tbsp oil** (dbl all for 4 ppl) in a large bowl. Add **tomatoes**, **spring mix** and **half the feta**. Season with **salt** and **pepper**, then toss to combine.



Cook rice

Add **rice** to the pot of **boiling water**. Reduce heat to medium-low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 15-18 min.



Finish and serve

Fluff **rice** with a fork. Stir in **lemon zest** and **half the parsley**, then season with **salt**. Thinly slice **chicken**. Divide **chicken**, **rice** and **salad** between plates. Sprinkle **remaining parsley** and **remaining feta** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!



Cook chicken

While the **rice** cooks, pat **chicken** dry with paper towels. Carefully slice **each chicken breast** in half, parallel to the cutting board. Season with **remaining Lemon Pepper Seasoning**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side. (**TIP**: Don't overcrowd the pan; cook the chicken in two batches if needed, using ½ tbsp oil per batch!) Transfer to a baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 8-10 min.**