



# Dill-Garlic Chicken with Creamy Veggie Orzo

25 Minutes

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<b>↻</b> Swap	<b>↻</b> Swap
Chicken Thighs <sup>+</sup>	Tofu
280 g   560 g	1   2



Chicken Breasts <sup>+</sup>	Orzo
2   4	170 g   340 g
Zucchini	Baby Spinach
1   2	56 g   113 g
Cream Cheese	Dill-Garlic Spice Blend
43 g   86 g	1 tsp   2 tsp
Parmesan Cheese, grated	Chicken Broth Concentrate
¼ cup   ½ cup	2   4

**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.

**Pantry items** | Unsalted butter, oil, salt, pepper

**Cooking utensils** | Baking sheet, medium bowl, measuring spoons, medium pot, parchment paper, measuring cups, whisk, large non-stick pan, paper towels

1



### Cook chicken

- Before starting, preheat oven to 425°F.
- Add 6 cups water and 1 tsp salt to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat. Wash and dry all produce.

[Swap](#) | [Chicken Thighs](#) [Swap](#) | [Tofu](#)

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **half the Dill-Garlic Spice Blend, salt and pepper**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed.)
- Cook until golden, 1-2 min per side. Transfer to a parchment-lined baking sheet.
- Bake in the **middle** of the oven until cooked through, 12-14 min.\*\*

4



### Cook zucchini

- Reheat the same pan (from step 2) over medium. When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted, 30 sec.
- Add **zucchini**. Season with **salt and pepper**. Cook, stirring often, until tender-crisp and golden, 2-3 min.
- While **zucchini** cooks, add **cream cheese, broth concentrates, remaining Dill-Garlic Spice Blend** and **reserved pasta water** to a medium bowl. Whisk until smooth.

2



### Cook orzo

- While **chicken** cooks, add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¾ cup** (1 cup) **pasta water**, then drain and return **orzo** to the same pot, off heat.

5



### Finish and serve

- Add **sauce mixture, orzo, spinach, Parmesan** and **any chicken juices** from the baking sheet to the pan with **zucchini**.
- Season with **salt and pepper**, then stir to mix.
- Cook, stirring often, until **spinach** wilts and **sauce** is creamy and absorbed, 1-2 min. (**TIP:** For a lighter sauce consistency, add additional water, 1-2 tbsp at a time, if desired.)
- Thinly slice **dill-garlic chicken**.
- Divide **orzo** and **chicken** between bowls.

3



### Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons
- Roughly chop **spinach**.

Measurements within steps **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 1 | Cook chicken thighs

[Swap](#) | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, prepare, cook and plate them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.

## 1 | Cook tofu

[Swap](#) | [Tofu](#)

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE:** You will have 2 square tofu "steaks" per block.) Season in the same way the recipe instructs you to season the **chicken breasts**.

Pan-fry **tofu** until golden, 2-3 min per side. Transfer to a plate. Cover to keep warm. No need to bake **tofu** after pan-frying. Plate in the same way the recipe instructs you to plate the **chicken**.

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

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



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