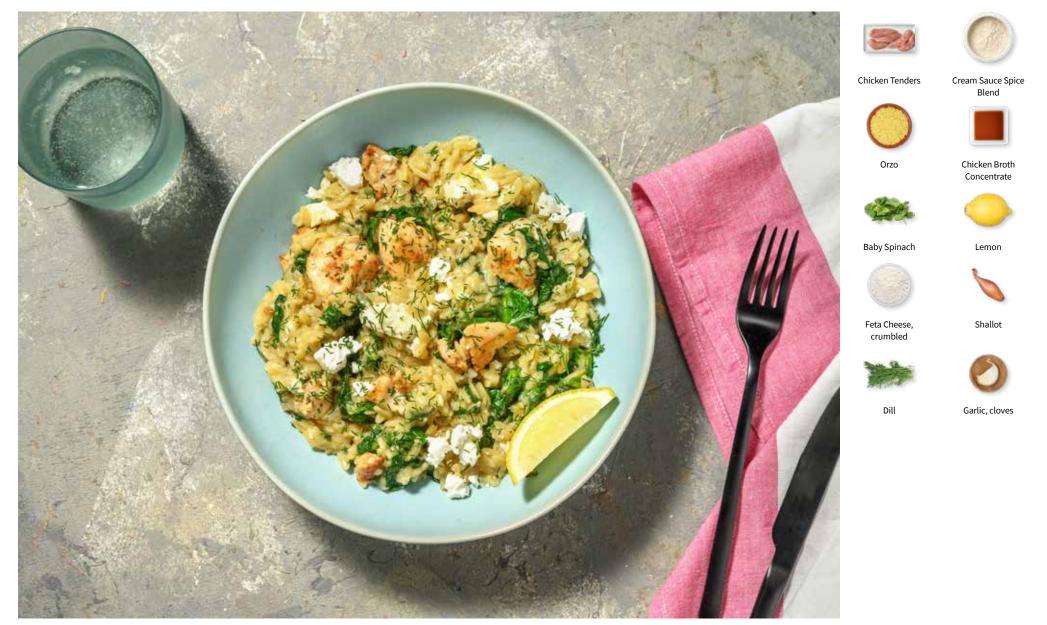


Dilly Chicken and Orzo

with Spinach and Feta

30 Minutes



 HELLO DILL

 This delicate herb comes from the same family as parsley and celery!

Start here

Before starting, wash and dry all produce.

Dill Guide for Step 5 (dbl for 4 ppl):

• Mild: 1 tsp • Dilly: 2 tsp • Extra-dilly: 1 tbsp

Bust out

Measuring spoons, zester, measuring cups, large nonstick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|------------------------------|----------|----------|
| Chicken Tenders • | 310 g | 620 g |
| Cream Sauce Spice Blend | 1 tbsp | 2 tbsp |
| Orzo | 170 g | 340 g |
| Chicken Broth Concentrate | 1 | 2 |
| Baby Spinach | 56 g | 113 g |
| Lemon | 1/2 | 1 |
| Feta Cheese, crumbled | ¼ cup | ½ cup |
| Shallot | 50 g | 100 g |
| Dill | 7 g | 14 g |
| Garlic, cloves | 1 | 2 |
| 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.

Contact

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Cook chicken

• Pat **chicken** dry with paper towels. Cut into 2-inch pieces, then season with **salt** and **pepper**.

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, stirring occasionally, until golden-brown and cooked through, 3-4 min.**
- Remove the pan from heat.
- Transfer **chicken** to a plate.



Prep

• Meanwhile, on a clean cutting board, peel, then cut **shallot** into ¼-inch pieces.

- Zest **half the lemon**, then cut into wedges (whole lemon for 4 ppl).
- Peel, then mince or grate **garlic**.
- Finely chop **dill**.



Cook aromatics

- Heat the same pan (from step 1) over medium.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring occasionally, until softened slightly, 1-2 min.
- Add **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Sprinkle **Cream Sauce Spice Blend** into the pan, then stir until combined, 30 sec.

5

Cook orzo

• Stir orzo, broth concentrate, 2 ½ cups water (5 cups for 4 ppl) and ¼ tsp salt (dbl for 4 ppl) into the pan with aromatics. Bring to a simmer over high.

• Once simmering, reduce heat to medium. Cover and cook, stirring every 3-4 min, until **orzo** is tender, 12-14 min. (NOTE: If sauce reduces too much, add water, 2 tbsp at a time, to adjust to a looser consistency.)



Finish chicken and orzo

• Add chicken and any juices on the plate, spinach, half the feta, lemon zest and 1 tbsp dill to the pan with orzo. (NOTE: Reference dill guide.) Cook, stirring often, until spinach wilts, 1 min.

• Season with **salt** and **pepper**, to taste.



Finish and serve

- Divide chicken and orzo between bowls.
- Sprinkle with **remaining feta** and **any remaining dill**, if desired.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!



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