



Greek-Inspired Sheet Pan Chicken and Veggies

with Tomato Orzo and Feta

Family Friendly

35 Minutes



Chicken Thighs



Sweet Bell Pepper



Zucchini



Yellow Onion



Roma Tomato



Orzo



Lemon



Feta Cheese,
crumbled



Parsley



Garlic, cloves



Chicken Broth
Concentrate



Lemon-Pepper
Seasoning

HELLO LEMON-PEPPER SEASONING

A peppery spice blend with zippy lemon and zesty garlic!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Yellow Onion	113 g	226 g
Roma Tomato	80 g	160 g
Orzo	170 g	340 g
Lemon	1	1
Feta Cheese, crumbled	¼ cup	½ cup
Parsley	7 g	7 g
Garlic, cloves	2	4
Chicken Broth Concentrate	1	2
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Prep

- 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.
- Meanwhile, core, then cut **pepper** into 1-inch pieces.
- Peel, then cut **onion** into 1-inch pieces.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces on a separate cutting board.



Finish prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.



Roast chicken and veggies

- Add **chicken, peppers, zucchini, onions, Lemon-Pepper Seasoning** and **2 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, divide chicken, veggies and Lemon-Pepper Seasoning between 2 baking sheets, using 2 tbsp oil per sheet.)
- Season with **salt**, then toss to combine. Arrange **chicken and veggies** in a single layer.
- Roast in **middle** of oven, stirring halfway through, until **veggies** are tender and **chicken** is cooked through, 16-18 min.** (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)



Finish orzo

- Heat the same pot (from step 3) over medium.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **garlic** and **tomatoes**. Cook, stirring often, until fragrant, 1-2 min.
- Remove the pot from heat, then add **orzo, reserved pasta water, broth concentrate, lemon zest** and **1 tsp lemon juice** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine.



Cook orzo

- Meanwhile, add **orzo** to the **boiling water**.
- Cook uncovered, stirring occasionally, until tender, 8-10 min.
- Reserve **¼ cup pasta water** (dbl for 4 ppl), then drain **orzo** and set aside.



Finish and serve

- Divide **tomato orzo** between bowls. Top with **chicken and veggies**.
- Sprinkle with **feta cheese** and **parsley**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!