



Greek Sheet Pan Chicken and Veggies

with Feta on Tomato Orzo

PRONTO 30 Minutes



Chicken Thighs,
skinless



Sweet Bell Pepper



Zucchini



Red Onion, sliced



Roma Tomato



Orzo



Lemon



Feta Cheese



Parsley



Garlic



Chicken Broth
Concentrate



Lemon-Pepper
Greek Seasoning

HELLO LEMON PEPPER

This seasoning is commonly used in Greek cuisine and adds a citrusy flavour.

Start Strong

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

Bust Out

Baking Sheet, Garlic Press, Medium Pot, Paper Towels, Parchment Paper, Strainer, Microplane/ Zester, Measuring Cups, Measuring Spoons

Ingredients

	2 Person	4 Person
Chicken Thighs, Skinless	340 g	680 g
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Red Onion, sliced	56 g	113 g
Roma Tomato	160 g	320 g
Orzo	170 g	340 g
Lemon	1	2
Feta Cheese	28 g	56 g
Parsley	7 g	14 g
Garlic	6 g	12 g
Chicken Broth Concentrate	1 pc	2 pc
Lemon-Pepper Greek Seasoning	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.

Contact

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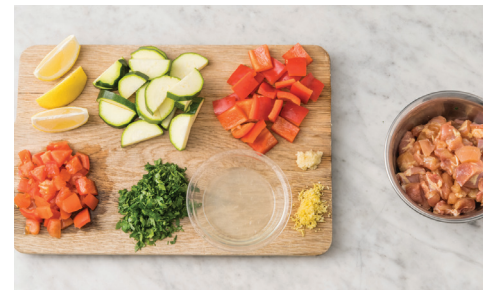
1. PREP WATER

In a medium pot, add **6 cups water** and **1 tsp salt**. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat.



4. COOK ORZO

While **chicken** and **veggies** roast, add **orzo** to **boiling water**. Cook uncovered, stirring occasionally, until tender, 8-10 min. When **orzo** is done, reserve **¼ cup pasta water** (dbl for 4 ppl), then drain and set aside.



2. PREP

Core, then cut **peppers** into 1-inch pieces. Cut the **zucchini** in half lengthwise, then into ½-inch thick half-moons. Cut **tomato** into ½-inch pieces. Roughly chop **parsley**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels then cut into 1-inch pieces on a separate cutting board.



5. FINISH ORZO

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



3. ROAST CHICKEN & VEGGIES

On a parchment-lined baking sheet, toss **chicken** with **bell pepper**, **zucchini**, **red onion**, **Lemon-Pepper seasoning** and **2 tbsp oil** (dbl for 4 ppl). Season with **salt**. Arrange in a single layer. Roast in **middle** of oven, stirring halfway through, until **veggies** are tender and **chicken** is cooked through, 16-18 min.**



6. FINISH & SERVE

Divide **orzo** among bowls. Top with **chicken** and **veggies**. Crumble over **feta cheese** and sprinkle with **parsley**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!