



Mediterranean-Inspired Chicken and Rice

with Tomato-Feta Salsa

35 Minutes



Chicken Breasts



Parboiled Rice



Red Onion



Garlic, cloves



Baby Spinach



Roma Tomato



Chicken Broth Concentrate



Oregano



Lemon-Pepper Seasoning



Red Wine Vinegar



Feta Cheese, crumbled

HELLO OREGANO

This punchy, earthy herb is part of the mint family!

Start here

Before starting, wash and dry all produce.

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

- Mild: ½ tsp
- Extra: ½ tsp
- Medium: ¼ tsp

Bust out

Measuring spoons, tongs, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts *	2	4
Parboiled Rice	¾ cup	1 ½ cups
Red Onion	113 g	226 g
Garlic, cloves	2	4
Baby Spinach	56 g	113 g
Roma Tomato	80 g	160 g
Chicken Broth Concentrate	1	2
Oregano	7 g	7 g
Lemon-Pepper Seasoning	½ tbsp	1 tbsp
Red Wine Vinegar	1 tbsp	2 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	¼ 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 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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1 Prep

- Peel, then mince or grate **garlic**.
- Peel, then cut **onion** into ¼-inch pieces.
- Strip **some oregano leaves** from stems, then finely chop **2 tsp** (dbl for 4 ppl).



4 Cook rice

- Stir **rice, broth concentrate, half the vinegar, 1 ½ tsp oregano, ¼ tsp salt** and **1 ¼ cup water** (dbl all for 4 ppl) into the pan with **aromatics**, then bring to a boil over high.
- Once boiling, using tongs, carefully arrange **chicken** on top of **rice** and pour over **any juices** from the plate.
- Reduce heat to medium-low. Cover and cook until **rice** is tender, **liquid** is absorbed and **chicken** is cooked through, 15-18 min. ** (TIP: It's ok if there is a bit of liquid remaining. The remaining liquid will be absorbed by rice when it rests.) Transfer **chicken** to a clean cutting board. Remove the pan from heat.
- While **rice** cooks, roughly chop **spinach**. Sprinkle **spinach** over **rice**. Cover **rice**, then set aside for 3-5 min.



2 Cook chicken

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **1 tsp Lemon-Pepper Seasoning** (dbl for 4 ppl).
- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 1-2 min per side. (NOTE: Chicken will finish cooking in step 4.)
- Transfer **chicken** to a plate. Carefully wipe the pan clean.



5 Make tomato-feta salsa

- Meanwhile, add **remaining vinegar** to a small bowl with **reserved onions**. (TIP: Before adding vinegar, rinse onions in a strainer to lessen their bite, if desired.)
- Cut **tomato** into ¼-inch pieces.
- Add **tomatoes, half the feta, ½ tsp oil, ⅛ tsp sugar** (dbl both for 4 ppl) and **¼ tsp garlic** to the bowl with **onions and vinegar**. (NOTE: Reference garlic guide.) Season with **pepper**, to taste, then stir to combine.



3 Cook aromatics

- Heat the same pan over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Reserve **1 tbsp onions** (dbl for 4 ppl) in a small bowl, then add **remaining onions** to the pan. Cook, stirring occasionally, until slightly softened, 1-2 min.
- Add **half the garlic** and **½ tsp Lemon-Pepper Seasoning** (dbl for 4 ppl). Cook, stirring often, until fragrant, 30 sec.



6 Finish and serve

- Thinly slice **chicken**.
- Add **remaining feta** to **rice**, then stir until **spinach** is lightly wilted, 30 sec.
- Divide **rice** between plates, then top with **chicken**.
- Spoon **tomato-feta salsa** over **chicken**.
- Sprinkle with **remaining oregano**, if desired.

Dinner Solved!