

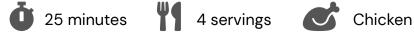




# **Lemon Chicken**

# with Mediterranean Rice

Mediterranean-style rice cooked in stock with tomatoes, zucchini and olives served with seared lemon chicken schnitzels and finished with crumbled feta cheese.



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# Boost the flavour!

If you're a fan of bold flavours, you can add some crushed garlic, ground turmeric or paprika to the rice. Finish with fresh chopped parsley if you have some.

PROTEIN TOTAL FAT CARBOHYDRATES

#### FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
TINNED CHERRY TOMATOES	400g
BASMATI RICE	300g
CHICKEN SCHNITZELS	600g
LEMON	1
GREEN OLIVES	1 jar
FETA CHEESE	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, 1 stock cube (of choice)

#### **KEY UTENSILS**

large frypan, frypan

#### **NOTES**

You can grate the zucchini to hide the vegetables if preferred.

You can also crumble the feta cheese and stir it through the rice to melt.



# 1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with oil. Dice onion and zucchini, add to pan as you go (see notes). Add 2 tsp oregano and cook for 5 minutes.



#### 2. COOK THE RICE

Stir in 1 crumbled stock cube, tinned cherry tomatoes and rice. Pour in 2 cups water. Cover and simmer for 10 minutes until rice is tender and water absorbed. Take off heat and leave to sit for 5 minutes.



#### 3. COOK THE CHICKEN

Coat chicken with zest and juice from 1/2 lemon (wedge remaining), 2 tsp oregano, oil, salt and pepper. Heat a second frypan over medium-high heat with oil. Cook chicken for 4-5 minutes each side or until cooked through.



## 4. ADD THE OLIVES

Drain olives and toss through rice (see notes). Season with salt and pepper to taste.



### **5. FINISH AND SERVE**

Slice chicken and serve alongside rice. Crumble feta cheese on top to taste. Serve with lemon wedges.



**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **O481 072 599** or send an email to **hello@dinnertwist.com.au** 



