




Product Spotlight: Fennel


Fennel belongs to the same family as parsley, dill and coriander. Its stalk, leaves and seeds are all edible!




Greek Feta Chicken

A flavourful Greek inspired tomato stew with chicken tenderloins and crumbled feta cheese, served with risoni.

 25 minutes

 Chicken

 2 servings

Add a little extra!

You can add some green olives to the stew, garnish the dish with fresh dill or parsley and serve with a lemon wedge if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	25g	56g

FROM YOUR BOX

RISONI	125g
FENNEL	1
RED CAPSICUM	1
GARLIC CLOVE	1
CHICKEN TENDERLOINS	300g
TINNED CHERRY TOMATOES	400g
FETA CHEESE	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, 1 chicken stock cube

KEY UTENSILS

large frypan with lid, small saucepan

NOTES

The size of the fennel may vary; use it to taste if you have a large one. Halve the bulb and remove the core before dicing like an onion. Keep some fronds for garnish.

No gluten option - Risoni is replaced with **basmati rice**. Place rice in a saucepan and cover with 300ml water. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



1. COOK THE RISONI

Bring a saucepan of water to a boil. Add **risoni** and cook in boiling water for 8-10 minutes until al dente. Drain and rinse with cold water.



2. SAUTÉ THE VEGETABLES

Dice **fennel** (see notes) and slice **capsicum**. Heat a large frypan with **olive oil** over medium-high heat. Add **vegetables** along with **crushed garlic** and **2 tsp oregano**. Cook for 5 minutes until softened.



3. ADD THE CHICKEN

Add **chicken** to pan and cook for 3-4 minutes until sealed.



4. SIMMER THE SAUCE

Stir in **tinned cherry tomatoes**, **1 cup water**, **1 crumbled stock cube** and **2 tbsp olive oil**. Simmer, semi covered, for 10 minutes. Season with **salt and pepper** to taste.



5. FINISH AND SERVE

Crumble **feta cheese** over **chicken** and garnish with **fennel fronds**. Divide among bowls with **risoni**.

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