



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



4/6 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
	48g	19g/15g	55g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
RISONI	250g	250g + 125g
FENNEL	1	1
RED CAPSICUM	1	2
GARLIC CLOVES	2	2
CHICKEN TENDERLOINS	600g	600g + 300g
TOMATO PASTE	1 sachet	1 sachet
TINNED CHERRY TOMATOES	400g	2 x 400g
FETA CHEESE	1 packet	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 600ml water (6P - 900ml 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.

6P - use 3 tsp oregano



3. ADD THE CHICKEN

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



4. SIMMER THE SAUCE

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

6P - Use 1 1/2 crumbled stock cubes and 3 tbsp olive oil.



5. FINISH AND SERVE

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

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