




Product Spotlight: Carrot


Bendy carrots? Cut off the top and bottom and place in a container with water overnight! Don't let your fridge dehydrate your vegetables, make sure you cover them well when storing in the fridge.




Greek Baked Chicken

A baked Greek classic made wholesome! Skin-on chicken breast nestled in a rich tomato sauce with hearty buckwheat, warming spices, olives and fresh dill.

 40 minutes

 Chicken

 2 servings

Switch it up!

Don't want to bake it? No worries! After returning the chicken to the pan, cover and simmer over low heat for 30–35 minutes until the buckwheat is tender and chicken is cooked through, adding an extra splash of water if needed.

Per serve: **PROTEIN** 43g **TOTAL FAT** 21g **CARBOHYDRATES** 52g

FROM YOUR BOX

BROWN ONION	1
CARROT	1
GREEN CAPSICUM	1
SKIN-ON CHICKEN BREAST	300g
DILL*	1 packet
SICILIAN OLIVES	1 jar
TOMATO PASTE	1 sachet
CHOPPED TOMATOES	400g
GREEK HERB MIX	1 tub
BUCKWHEAT	100g

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice

KEY UTENSILS

ovenproof frypan

NOTES

Want a really hearty sauce? Substitute half of the water at step 4 with red wine!

If you have some spare, top the finished dish with crumbled feta cheese!

Greek Herb Mix: dried bay leaves, ground cinnamon, dried marjoram.

**Due to availability issues, dill will be substituted with fresh oregano.*



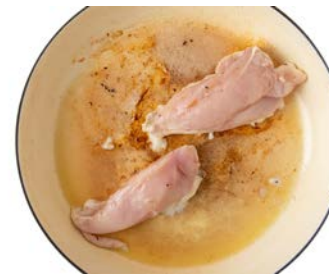
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1. PREPARE THE INGREDIENTS

Set oven to 220°C.

Dice **onion**, **carrot** and **capsicum**. Halve **chicken breast** and coat with **oil**, **season with salt and pepper**. Pick **dill fronds**. Drain **olives**, halve or roughly chop if desired.



2. BROWN THE CHICKEN

Heat a large ovenproof pan over medium-high heat with **oil**. Add **chicken** skin-side down and cook for 4–5 minutes until skin is golden. Remove to a plate and keep pan over heat for step 3.



3. MAKE THE SAUCE

Add **onion**, **carrot**, **capsicum** and **zucchini** to the pan. Cook for 5 minutes until beginning to soften. Add **tomato paste** and **buckwheat**. Stir to combine and cook for 1 minute.



4. ADD CHICKEN & BAKE

Add **chopped tomatoes**, **herb mix**, **crumbled stock cube** and **1 1/2 cups water**. Season and stir to combine. Return **chicken** to the pan skin-side up. Cover and bake to the oven for 25–30 minutes until buckwheat is tender.



5. FINISH AND SERVE

Garnish **bake** with **olives** and **dill fronds** (see notes). Serve tableside.

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