



**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



4/6 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	TOTAL FAT	CARBOHYDRATES
	41g	19g	46g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
CARROTS	2	3
ZUCCHINI	1	1
GREEN CAPSICUM	1	2
SKIN-ON CHICKEN BREAST	600g	600g + 300g
DILL*	1 packet	2 packets
SICILIAN OLIVES	1 jar	2 jars
TOMATO PASTE	1 sachet	2 sachets
CHOPPED TOMATOES	400g	400g
GREEK HERB MIX	1 tub	2 tubs
BUCKWHEAT	2 x 100g	3 x 100g

FROM YOUR PANTRY

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

KEY UTENSILS

ovenproof frypan

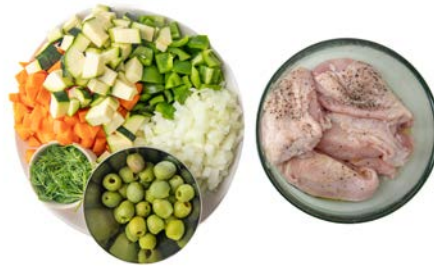
NOTES

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.*



1. PREPARE THE INGREDIENTS

Set oven to 220°C.

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



4. ADD CHICKEN & BAKE

Add **chopped tomatoes, herb mix, crumbled stock cube** and **3 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.

6P – add 4 cups water.



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.



5. FINISH AND SERVE

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



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.

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