




Product Spotlight: Feta Cheese


Traditionally feta is made from sheep milk, although it can be made from sheep, goat or cow milk, or any combination of the three.



Golden Feta & Spiced Baked Chicken with Lemon Herb Topping

Pieces of chicken breast, feta and vegetables baked in our Greek custom spice mix and served on a bed of rice and finished with dill, coriander and lemon.

 35 minutes

 2 servings

 Chicken

Make baked feta chicken

Add feta block to the veggies and chicken to bake. Once cooked mash with a fork to create a sauce. Toss through pasta to serve and top with herbs and lemon.

Per serve: **PROTEIN** 56g **TOTAL FAT** 54g **CARBOHYDRATES** 81g

FROM YOUR BOX

RED ONION	1
RED CAPSICUM	1
FETA CHEESE	
DICED CHICKEN BREAST	300g
CUMIN SEED SPICE MIX	1 packet
BASMATI RICE	150g
LEMON	1
DILL	1 packet
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, honey, olive oil

KEY UTENSILS

oven tray, saucepan

NOTES

Leave the tray bake to rest for 5 minutes before serving. This will allow the melted feta to solidify and be easier to lift from the tray.

Cumin seed spice mix: ground paprika, cumin seeds, garlic granules, salt flakes, ground ginger, chilli flakes.



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1. BAKE THE VEG & CHICKEN

Set oven to 220°C and line an oven tray with baking paper.

Slice **red onion** and **capsicum**. Dice **feta**. Toss with diced **chicken**, **spice mix** and **1-2 tbsp oil** on the tray. Bake in the oven for 20 minutes or until cooked through.



4. MAKE LEMON DRESSING

Whisk to combine **1/4 cup olive oil** with lemon juice and **2 tsp honey**. Season with **salt and pepper**.



2. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



5. FINISH AND SERVE

Serve rice in shallow bowls and top with baked chicken, feta and veggies (see notes). Drizzle with dressing and scatter over herb mix to taste.



3. CHOP THE HERBS

Zest **lemon**, chop **dill** and **coriander**. Combine in a small bowl.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

