



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** 39g **TOTAL FAT** 20g **CARBOHYDRATES** 62g

FROM YOUR BOX

RED ONION	1
RED CAPSICUM	1
FETA CHEESE	200g
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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

