




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 and vegetables baked in our Greek custom spice mix and served with crispy pan-fried feta cheese 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
DICED CHICKEN BREAST	300g
CUMIN SEED SPICE MIX	1 packet
BASMATI RICE	150g
LEMON	1
DILL	1 packet
CORIANDER	1 packet
FETA CHEESE	200g

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, saucepan, large frypan

NOTES

Allow the pan to get hot before adding the feta to cook. Lower temperature may cause the cheese to melt before turning golden. If you're short on time, you can crumble the feta over the top!

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. 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.



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.



3. CHOP THE HERBS

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



4. MAKE LEMON DRESSING

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



5. PAN-FRY THE FETA

Place **2 tbsp cornflour** on a plate and heat a frypan with **oil** over high heat. Halve feta cheese to make 2 thin blocks. Press into flour to coat, add to frypan and cook for 2 minutes on each side or until golden (see notes).



6. FINISH AND SERVE

Serve rice in shallow bowls and top with baked chicken and veggies. Slice and add feta on top, drizzle with dressing and scatter over herb mix to taste.

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