



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



4 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	TOTAL FAT	CARBOHYDRATES
	58g	33g	71g

FROM YOUR BOX

RED ONION	1
RED CAPSICUM	1
YELLOW CAPSICUM	1
FETA CHEESE	200g
DICED CHICKEN BREAST	600g
CUMIN SEED SPICE MIX	1 packet
BASMATI RICE	300g
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 **capsicums**. Dice **feta**. Toss with diced **chicken**, **spice mix** and **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 **600ml 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.

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