




Product Spotlight: Lemon

When zesting lemons, make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



Baked Greek Chicken with Olive Salsa

A simple one-pan Greek dinner: juicy chicken breasts baked on fragrant lemon-garlic basmati rice with sweet cherry tomatoes, finished with a zesty olive and dill salsa and creamy natural yoghurt.

 40 minutes



Chicken



2 servings

Add to it!

Stir baby spinach into the cooked rice for added greens. Crumble feta cheese over the finished dish for extra tang and creaminess.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	35g	67g

FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVE	1
LEMON	1
BASMATI RICE	150g
CHICKEN BREAST FILLET	300g
CHERRY TOMATOES	200g
SICILIAN OLIVES	1 jar
DILL	1 packet
NATURAL YOGHURT	170g

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube, dried oregano

KEY UTENSILS

large ovenproof frypan (or oven dish)

NOTES

Add a pinch of chilli flakes when cooking the onion for subtle heat.

Switch up the seasoning on the chicken. Try dried thyme, rosemary or marjoram, or ground cinnamon or nutmeg.



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1. COOK THE ONION

Set oven to 200°C.

Slice **onion**, crush **garlic** and zest **lemon**. Add to a large ovenproof frypan or oven dish along with **1/4 olive oil** and mix to combine (see notes). Place in the oven and bake for 5 minutes to soften the **onion**.



4. MAKE THE OLIVE SALSA

Drain **olives**. Finely chop **olives** and **dill** (including tender stems). Add to a bowl as you go along with **juice** from **1/2 lemon** (wedge remaining) and **1 tbsp olive**. Mix to combine and season to taste **salt and pepper**.



2. BAKE THE RICE

Add **rice**, **400ml water** and a **crumbled stock cube** to the **onions**. Mix to combine. Return to the oven and bake for 5 minutes (see step 3).



5. FINISH AND SERVE

Spoon **yoghurt** into the base of shallow bowls. Evenly divide **rice** and **chicken** and spoon over **olive salsa**.



3. ADD THE CHICKEN

Halve **chicken breasts** and coat with **oil**, **1 tsp oregano**, **salt and pepper** (see notes). Add **cherry tomatoes** to **rice** and nestle in **chicken**, skin-side up. Bake for 20-25 minutes until **chicken** is cook through and **rice** is tender.

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