



LEMONY CHICKEN & GRAINS SPINACH SALAD

with Chicken Thighs, Creamy Green Goddess Dressing & Feta

15-MINUTE MEALS

Tasty three-step recipes with minimal prep and cleanup that come together in a flash—save time while eating well!



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CALORIES: 660

BUST OUT 2 PERSON | 4 PERSON

- Large pan
- Large bowl

- Kosher Salt
- Black Pepper

- Cooking Oil
- Olive Oil

MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

For HelloCustom nutritional information, please refer to HelloFresh.com.

1 COOK CHICKEN & GRAINS



10 oz | 20 oz
Lemon-Herb Diced
Chicken Thighs



1 | 2
Microwavable
Grain Blend
Contains: Wheat

- Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook, stirring occasionally, until beginning to brown, 2-4 minutes (**you'll add more to the pan then**).
- Meanwhile, gently squeeze **grain blend** in package to separate grains; open package.
- Once chicken has cooked 2-4 minutes, add grain blend to pan; stir in **2 TBSP water (4 TBSP for 4 servings)**. Cover and cook, stirring occasionally, until grain blend is warmed through and chicken is cooked through, 2-4 minutes. Taste and season with **salt and pepper**.



2 PREP & MIX DRESSING



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



2 oz | 4 oz
Green Goddess
Dressing

- While chicken and grains cook, **wash and dry produce**.
- In a large bowl, combine **dressing, yogurt, a large drizzle of olive oil**, and a **pinch of salt and pepper**.



3 FINISH & SERVE



2½ oz | 5 oz
Spinach



½ Cup(s) | 1 Cup(s)
Feta Cheese
Contains: Milk

- To bowl with **dressing**, add **spinach and chicken and grains**; toss to coat. Taste and season with **salt and pepper**.
- Divide **lemony chicken and grains salad** between shallow bowls. Sprinkle with **feta**. Serve.



*Poultry is fully cooked when internal temperature reaches 165°.