



DINNER - CHEESY BAKED CHICKEN ORZO

LUNCH - MEDITERRANEAN INSPIRED CHICKEN WRAP

DINNER SOLVED
HELLO LUNCH!

Yummy dinner, delicious lunch all in one shot, well done you!



-  Lemon
-  Oregano
-  Mild Paprika
-  Diced Chicken thigh
-  Onion
-  Green Pepper
-  Red Pepper
-  Garlic Clove
-  Chives
-  Diced Tomatoes
-  Chicken Stock Powder
-  Orzo
-  Cheddar
-  Avocado
-  Baby Spinach
-  Whole Wheat Soft Tortillas

DINNER TO LUNCH

Transform dinner into a tasty new lunch!

DINNER: 40mins **LUNCH: 5 mins**

Dinner: **3 of your 5** Lunch: **3 of your 5**

 Medium heat

Introducing “Dinner To Lunch”, the great time-saving recipes that let you cook for 2 mealtimes in 1 go. With a few additional ingredients, transform tonight’s dinner into a tasty new dish for lunch the next day, saving time and making lunch as fresh and exciting as dinner time. Enjoy a classic cheesy Baked Chicken Orzo, then wrap up the remaining chicken, for a hearty lunchtime wrap. Win-win!

BEFORE YOU START

🔥 **Preheat** your Oven to **200°C** | 🧼 **Wash** the Veggies. | 🍴 **Make sure** you've got a **Fine Grater, Mixing Bowl, Baking Tray, Large Ovenproof Saucepan, Measuring Jug** and **Coarse Grater**. Now, let's get cooking! your **Dinner** and **Lunch!**



1 PREP THE CHICKEN

Zest and halve the **lemon**. In a mixing bowl, combine **half** the **dried oregano**, **half** the **mild paprika**, the **lemon zest**, **half** the **lemon juice**, a drizzle of **oil** and a pinch of **salt** and **pepper**.

Add the **diced chicken** to the bowl and stir well to coat. Pop two portions of the **chicken** onto a baking tray and leave the rest in the bowl. **🚫 IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



2 GET CHOPPING

Halve and peel the **onion**. Chop into wedges. Halve the **peppers** and discard the cores and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Finely chop the **chives**.

Pop two portions of the **pepper** and **onion** onto the tray with the **chicken**. Season and drizzle with **oil**. Set aside.



3 START THE ORZO

Heat a glug of oil in a large ovenproof saucepan on medium-high heat.

Add the reserved **chicken** (from the bowl) and cook, turning, until browned, 5-6 mins. Add the remaining **onion** and **peppers**. Fry until soft, 5 mins. Stir in the **garlic** and remaining **oregano** and **paprika** then add the **diced tomatoes**, a pinch of **sugar**, the **stock powder** and **water** (see ingredients for amount).



4 BAKE IT

Bring to the boil, then mix in the **orzo** and **half** the **chives**. Season with **salt** and **pepper**.

Transfer to the middle shelf of your oven, uncovered, and bake until almost all the liquid has been absorbed, 15 mins.

At the same time, pop the tray of **chicken** and **veggies** on the top shelf for 10-15 mins. **🚫 IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Meanwhile, grate the **cheddar cheese**.



5 GET AHEAD

Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut in half. Twist each half and pull apart. Remove the stone then scoop the insides onto a board. Slice into thin strips.

Once the **orzo** is done, stir in the **spinach** (leaving a handful back for lunch!). Sprinkle over **half** the **cheddar** (the rest will go in your wraps!). Return to the oven to melt, 5 mins. Serve in bowls and **Enjoy!**



6 WRAP UP!

Once you have finished eating, return to your **wraps**. Lay your **tortillas** (2 per person) on a board. Divide up the remaining **spinach, roasted veggies, chicken pieces, cheddar** and **avocado strips**, layering them into the centre of each **wrap**.

Sprinkle the remaining **chives** on top and squeeze over some **lemon juice**. Fold the two short ends in, over the top of the filling then roll up! Pop into a box and refrigerate. **Enjoy Tomorrow!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Lemon *	1	1	2
Oregano	1 pot	1 pot	1½ pots
Mild Paprika	1 large pot	1 large pot	1½ large pots
Diced Chicken Thigh *	420g	560g	630g
Onion *	1	1½	1½
Green Pepper *	1	1	1
Red Pepper *	1	1	2
Garlic Clove *	1	2	2
Chives *	1 bunch	1 bunch	1 bunch
Diced Tomatoes	½ tin	¾ tin	1 tin
Chicken Stock Powder	½ sachet	½ sachet	1 sachet
Water*	200ml	300ml	400ml
Orzo ¹³	180g	240g	360g
Cheddar Cheese ⁷ *	1 block	1½ blocks	2 blocks
Avocado *	1	1	1
Baby Spinach *	½ bag	¾ bag	1 bag
Whole Wheat Soft Tortillas ¹³	4	4	4

*Not Included * Store in the Fridge

ALLERGENS

⁷) Milk ¹³) Gluten

NUTRITION FOR UNCOOKED INGREDIENTS

DINNER	PER SERVING: 438G	PER 100G
Energy (KJ/kcal)	2600/ 610	593/ 139
Fat (g)	13	3
Sat. Fat (g)	4	1
Carbohydrate (g)	80	18
Sugars (g)	12	3
Protein (g)	43	10
Salt (g)	0.82	0.19
LUNCH	PER SERVING: 451G	PER 100G
Energy (KJ/kcal)	2727/ 653	605/ 145
Fat (g)	32	7
Sat. Fat (g)	8	2
Carbohydrate (g)	48	11
Sugars (g)	8	2
Protein (g)	42	9
Salt (g)	1.82	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.



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