



MEDITERRANEAN CHICKEN - DINNER

CHICKEN WRAP - LUNCH



COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER	TOTAL: 45 MIN	CALORIES: 700
LUNCH	TOTAL: 5 MIN	CALORIES: 490

INGREDIENTS FOR: 2-person | 4-person

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|--|---|---|---|---|---|--|
| 
Garlic
2 Cloves 4 Cloves | 
Lemons
2 3 | 
Roma Tomatoes
2 3 | 
Parsley
¼ oz ½ oz | 
Red Wine Vinegar
5 tsp 10 tsp | 
Mediterranean Spice Blend
1 TBSP 2 TBSP | 
Flour Tortillas
(Contains: Wheat)
2 2 |
| 
Jasmine Rice
½ Cup 1 Cup | 
Shallot
1 2 | 
Persian Cucumbers
2 3 | 
Sour Cream
(Contains: Milk)
6 TBSP 10 TBSP | 
Chicken Cutlets
20 oz 30 oz | 
Feta Cheese
(Contains: Milk)
1 Cup 1½ Cups | |

BUST OUT

• Small pot • Zester • Medium bowl • 2 Small bowls • Paper towels • Large pan • 2 Reusable containers
• Oil (1 tsp | 2 tsp) • Olive oil (1 TBSP | 2 TBSP) • Sugar (½ tsp | 1 tsp) • Butter (2 TBSP | 4 TBSP) (Contains: Milk)



Chicken is fully cooked when internal temperature reaches 165 degrees.

DINNER



1 COOK RICE

Wash and dry all produce. Mince or grate **garlic**. Heat a drizzle of **oil** in a small pot over medium-high heat. Add garlic and cook, stirring, until fragrant, 30 seconds to 1 minute. Add $\frac{3}{4}$ **cup water** and bring to a boil. Once boiling, stir in **rice**. Reduce heat, cover, and cook until tender, about 15 minutes. Keep covered until ready to serve.



2 PREP

Zest **lemons** until you have 1 tsp; quarter lemons. Quarter **1 cucumber** lengthwise; slice crosswise into $\frac{1}{4}$ -inch-thick triangles. Dice **1 tomato**. (Save remaining cucumber and tomato for lunch.) Halve and peel **shallot**. Thinly slice one half; mince other half until you have 2 TBSP. Pick **parsley leaves** from stems. Mince stems; save leaves for garnish.



3 MAKE SALAD, CREMA, AND PICKLES

In a medium bowl, combine **diced tomato**, **sliced cucumber**, **minced shallot**, **parsley stems**, a drizzle of **olive oil**, and a squeeze of **lemon juice**. Season with **salt** and **pepper**. In a small bowl, combine **4 TBSP sour cream** (2 packs), **lemon zest**, and a squeeze of lemon juice. Season with salt and pepper. In another small bowl, combine **sliced shallot** with **vinegar** and $\frac{1}{2}$ **tsp sugar**. Season with salt and pepper.



4 COOK CHICKEN

Pat **chicken** dry with paper towels; season all over with **salt**, **pepper**, and **Mediterranean Spice**. Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-6 minutes per side. Remove from pan and let rest.



5 FINISH AND SERVE DINNER

Pour out any excess oil from pan, then add **2 TBSP butter** and juice from **1 lemon wedge** and heat over medium-high heat. Stir to combine and melt butter. Fluff **rice** with a fork and divide between plates. Arrange half the **chicken** on top. Pour butter sauce over chicken, then dollop with **crema**. Arrange **cucumber salad** to the side and sprinkle with half the **feta**, half the **pickled shallot**, and all of the **parsley leaves**. Serve with any remaining lemon wedges on the side for squeezing over.

LUNCH



6 MAKE LUNCH WRAPS FOR TWO

When you're ready to prep lunch, cut remaining **chicken** into bite-sized pieces. Halve remaining **cucumber** lengthwise, then cut lengthwise into thin sticks. Slice remaining **tomato** into thin rounds. Spread **tortillas** with remaining **sour cream**, then fill each with remaining **feta**, remaining **pickled shallot**, chicken, cucumber, and tomato. Roll into wraps and pack in reusable containers. Keep refrigerated before enjoying (we recommend eating chilled or at room temperature).

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