



GREEK CHICKEN & BROWN RICE SALAD

with Yoghurt Dressing



Jazz up rice



Brown Rice



Zucchini



Free Range Chicken Breast



Dried Oregano



Garlic



Lemon



Greek Yoghurt



Roma Tomatoes



Mint



Kalamata Olives

Pantry Staples



Water



Olive Oil



Red Wine Vinegar

Hands-on: 30 mins
Ready in: 40 mins

Eat me early

We've taken everything that's great about Greece to bring you this easy, nourishing bowl. There's a reason Greek culture has flourished through the ages – never has a combination been so right!

BEFORE YOU — START

You will need: **sieve, chef's knife, chopping board, medium saucepan with lid, medium bowl, garlic crusher, medium frying pan, tongs, oven tray lined with baking paper, small bowl or jug and large bowl.** Let's start cooking the **Greek Chicken & Brown Rice Salad with Yoghurt Dressing**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Rinse the **brown rice** well. Slice the **zucchini** into 1 cm rounds. Slice the **lemon** into wedges.



2 COOK THE BROWN RICE

Place the **brown rice** and **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes**, or until rice is soft. Drain and return to the saucepan. Cover to keep warm and set aside.



3 COOK THE CHICKEN

Meanwhile, place the **free range chicken breast**, **1/2 of the olive oil** and the **dried oregano** in a medium bowl. Peel and crush the **garlic** into the bowl and season with **salt** and **pepper**. Toss to coat. Heat a medium frying pan over a medium-high heat. Cook the chicken for **2-3 minutes** on each side, or until golden brown. Transfer the chicken to the prepared oven tray. Place the **zucchini** next to the chicken and drizzle with a little **olive oil**. Cook the zucchini and chicken in the oven for **12-15 minutes**, or until the chicken is cooked through and the zucchini is golden and tender.



4 PREPARE THE DRESSING

In a small bowl or jug combine the **Greek yoghurt** and juice **1/4 of the lemon** wedges. Season to taste with **salt** and **pepper**. Set aside.



5 PREPARE THE RICE SALAD

Meanwhile, cut the **roma tomatoes** into 1 cm chunks. Pick the **mint** leaves. In a large bowl, combine the **brown rice**, **zucchini**, **tomato**, **1/2 the mint** and the **kalamata olives**. Drizzle over the **remaining olive oil** and **red wine vinegar**.



6 SERVE UP

Divide the brown rice salad between plates. Top with the Greek chicken and drizzle over the yoghurt dressing. Sprinkle over the remaining mint. Serve with the remaining lemon wedges.

ENJOY!

4-5 PEOPLE — INGREDIENTS

	4-5P
brown rice	2 packets (1 1/2 cups)
zucchini	1
lemon	1
water*	6 cups
free range chicken breast	4-5 fillets
olive oil*	2 tbs
dried oregano	1 sachet (2 tsp)
garlic ☞	2 cloves
Greek yoghurt	1 tub (170g)
roma tomatoes	2
mint	1 bunch
kalamata olives (check for pits)	1 tub (1/4 cup)
red wine vinegar*	2 tbs

*Pantry Items | ☞ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2760kJ (659Cal)	326kJ (78Cal)
Protein (g)	47.5g	5.6g
Fat, total (g)	23.3g	2.8g
- saturated (g)	5.8g	0.7g
Carbohydrate (g)	61.2g	7.2g
- sugars (g)	6.3g	0.7g
Sodium (mg)	364mg	43mg

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