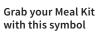


Mediterranean Chicken & Olive Medley

with Spinach Rice & Basil Pesto

MEDITERRANEAN

CLIMATE SUPERSTAR













Carrot



Zucchini





Mediterranean

Seasoning

Kalamata Olives



Chicken Thigh





Baby Spinach Leaves



Basil Pesto





Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me Early

First, fluffy spinach-laced rice sets the foundations of this bright bowl. Layered on top are some tasty veggies, stewed in a passata sauce that accompanies the tender chicken so well. And a drizzle of fresh basil pesto acts as the final touch.

Olive Oil, Butter, Brown Sugar

Pantry items

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid or foil \cdot Large frying pan

Ingredients

| ingi caici ico | | | | |
|---------------------------|-----------------|--------------------------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| garlic | 2 cloves | 4 cloves | | |
| butter* (for the rice) | 20g | 40g | | |
| basmati rice | 1 medium packet | 1 large packet | | |
| water* (for the rice) | 1½ cups | 3 cups | | |
| carrot | 1 | 2 | | |
| zucchini | 1 | 2 | | |
| kalamata olives | 1 packet | 2 packets | | |
| Mediterranean seasoning | 1 medium sachet | 2 medium sachets | | |
| chicken thigh | 1 small packet | 2 small packets OR 1 large packet | | |
| passata | 1 box | 2 boxes | | |
| brown sugar* | ½ tbs | 1 tbs | | |
| salt* | 1/4 tsp | ½ tsp | | |
| butter* (for the sauce) | 20g | 40g | | |
| water* (for the sauce) | 1/4 cup | ½ cup | | |
| baby spinach leaves | 1 small bag | 1 medium bag | | |
| basil pesto | 1 packet | 2 packets | | |
| chicken thigh** | 1 small packet | 2 small packets OR 1 large packet | | |
| | | | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3805kJ (909Cal) | 636kJ (152Cal) |
| Protein (g) | 43.6g | 7.3g |
| Fat, total (g) | 44.5g | 7.4g |
| - saturated (g) | 15.7g | 2.6g |
| Carbohydrate (g) | 79.7g | 13.3g |
| - sugars (g) | 13.8g | 2.3g |
| Sodium (mg) | 1880mg | 314mg |
| Custom Recipe | | |

| - Custom 130.pc | | | |
|------------------|---|--|--|
| Per Serving | Per 100g | | |
| 4633kJ (1107Cal) | 607kJ (145Cal) | | |
| 73.9g | 9.7g | | |
| 52.9g | 6.9g | | |
| 18.2g | 2.4g | | |
| 79.7g | 10.4g | | |
| 13.8g | 1.8g | | |
| 1981mg | 259mg | | |
| | 4633kJ (1107Cal) 73.9g 52.9g 18.2g 79.7g 13.8g | | |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

- Finely chop garlic. In a medium saucepan, heat the butter (for the rice) with a dash of olive oil over medium heat.
- Cook garlic until fragrant, 1-2 minutes. Add basmati rice, the water (for the rice) and a generous pinch of salt, stir, then bring to the boil.
- · Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the veggies & chicken

- Wipe out and return frying pan to medium-high heat with a drizzle of olive oil. Cook carrot and zucchini, stirring, until tender, 4-5 minutes.
- Reduce heat to medium-low and add passata, kalamata olives, the brown sugar, salt, butter (for the sauce) and water (for the sauce). Stir to combine.
- Top with chicken and cover with a lid or foil.
 Simmer, until cooked through, 8-12 minutes.

TIP: Chicken is cooked through when it is no longer pink inside.



Get prepped

- Meanwhile, thinly slice carrot and zucchini into half-moons.
- Roughly chop kalamata olives.
- In a medium bowl, combine Mediterranean seasoning and a drizzle of olive oil. Add chicken thigh, tossing to coat.

TIP: Use less olives if they're not to your taste.

Custom Recipe: If you've doubled your chicken thigh, prepare chicken as above.



Sear the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken thigh** until browned, **2 minutes** each side. Transfer to a plate.

TIP: Chicken will continue cooking in step 4!

Custom Recipe: Cook chicken in batches for the best results!



Bring it all together

 Once the rice is cooked, stir in baby spinach leaves until wilted and combined.



Serve up

- · Slice chicken.
- Divide spinach rice and Mediterranean chicken and olive medley between plates.
- Top with **basil pesto** to serve. Enjoy!



We're here to help!

Scan here if you have any questions or concerns

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