



Mediterranean Chicken & Olive Medley

with Spinach Rice & Basil Pesto

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Zucchini



Kalamata Olives



Mediterranean Seasoning



Chicken Thigh



Passata



Baby Spinach Leaves



Basil Pesto



Chicken Thigh

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar

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 · Large frying pan

Ingredients

	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*	¼ tsp	½ tsp
butter* (for the sauce)	20g	40g
water* (for the sauce)	¼ 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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4633kJ (1107Cal)	607kJ (145Cal)
Protein (g)	73.9g	9.7g
Fat, total (g)	52.9g	6.9g
- saturated (g)	18.2g	2.4g
Carbohydrate (g)	79.7g	10.4g
- sugars (g)	13.8g	1.8g
Sodium (mg)	1981mg	259mg

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.



Bring it all together

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



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!



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