



More Than Food
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Greek Chicken with Feta and Cannellini Stew

The cannellini bean is so often forgotten; feeling as lonely as a cloud. But no more shall this brilliant bean be cast aside. It's its turn to shine and believe us, in this chicken stew it's definitely stealing the limelight. With parsley and oregano as its trusty companions... it'll never be lonely again!



40 mins



family box



healthy



gluten
free



Chicken Thigh (7)



Lemon (1)



Dried Oregano
(1 tbsp)



Onion (1)



Carrot (2)



Celery (1 stick)



Garlic Clove (2)



Flat Leaf
Parsley (5 tbsp)



Basil and Garlic
Olives (1 pot)



Smoky Cinnamon
(1 tbsp)



Organic Cannellini
Beans (2 tins)




Organic Chopped
Tomatoes (1 tin)



Feta (1 block)

Ingredients	4P	ALLERGENS
Chicken Thigh	7	
Lemon	1	
Dried Oregano	1 tbsp	
Onion, chopped	1	
Carrot, chopped	2	
Celery, chopped	1 stick	Celery
Garlic Clove, chopped	2	
Flat Leaf Parsley, chopped	5 tbsp	
Basil and Garlic Olives, chopped	1 pot	
Smoky Cinnamon	1 tbsp	
Organic Cannellini Beans	2 tins	
Organic Chopped Tomatoes	1 tin	
Feta	1 block	Milk

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Nutrition per serving: Calories: 421 kcal | Protein: 41 g | Carbs: 37 g | Fat: 12 g | Saturated Fat: 6 g



1 Pre-heat your oven to 180 degrees.
LH: Put your chicken in a bowl, squeeze over the juice of your lemon and sprinkle over your oregano. Add ½ tsp of salt, a good grind of pepper and 1 tbsp of olive oil. Combine everything together so the chicken has a good covering of everything. Leave your bowl to the side for later.



2 Peel and chop your onion and carrots into roughly 1cm pieces. Chop your celery stick into roughly 1cm pieces as well and peel and finely chop your garlic cloves. Roughly chop your parsley and roughly chop your olives into 1cm pieces as well.



3 Add your onion, carrot and celery to a large saucepan on medium heat with 2 tbsp of oil, ½ tsp of salt and a good grind of pepper and cook for 6 mins with the lid on, until the veggies have softened. Add the garlic and smoky cinnamon to the pan and cook for a further 2 mins.



4 In the meantime, pop your chicken on a baking tray along with your olives and cook for 20-25 mins on the top shelf of your oven or until the chicken is cooked through. **Tip:** The chicken is cooked when no longer

pink in the middle. Turn the chicken over halfway through cooking.

5 Drain and rinse your cannellini beans and add these to the pan along with your chopped tomatoes. Refill the tomato tin three quarters with water, swill it around and then add this to the pan. Turn the heat up slightly and bring to a simmer, let your stew cook for 20-25 mins or until it is thick and tomatoey. Stir occasionally so the stew doesn't stick to the bottom of the pan.

6 While the stew and chicken is cooking, give your kitchen a quick tidy.

7 When your stew has finished cooking, crumble in three quarters of your feta along with half your chopped parsley and stir it through.

8 When the chicken is cooked, cut it up into 2cm slices and serve on top of your stew with your olives scattered over. Scatter your remaining parsley over the top and crumble over the rest of your feta. If there are any juices left in the baking tray from the chicken, pour them over the top. Yum!