

DINNER - CHEESY BAKED CHICKEN ORZO

LUNCH - MEDITERRANEAN INSPIRED CHICKEN WRAP

DINNER SOLVED HELLO LUNCH!

Yummy dinner, delicious lunch all in one shot, well done you!





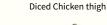








Mild Paprika















Diced Tomatoes



Chicken Stock Powder







Cheddar





Baby Spinach



DINNER TO LUNCH

Transform dinner into a tasty new lunch!

DINNER: 40mins LUNCH: 5 mins

Lunch: 3of your 5



1 go. With a few additional ingredients, transform tonight's dinner into a tasty new dish for lunch the next day, saving time and making lunch as fresh and exciting as dinner time. Enjoy a classic cheesy Baked Chicken Orzor, then wrap up the remaining chicken, for a hearty lunchtime wrap. Win-win!

Introducing "Dinner To Lunch", the great time-saving recipes that let you cook for 2 mealtimes in

Preheat your Oven to 200°C Wash the Veggies. Make sure you've got a Fine Grater, Mixing Bowl, Baking Tray, Large Ovenproof Saucepan, Measuring Jug and Coarse Grater. Now, let's get cooking! your Dinner and Lunch!



PREP THE CHICKEN Zest and halve the lemon. In a mixing bowl,

combine half the dried oregano, half the mild paprika, the lemon zest, half the lemon juice, a drizzle of **oil** and a pinch of **salt** and **pepper**.

Add the **diced chicken** to the bowl and stir well to coat. Pop two portions of the **chicken** onto a baking tray and leave the rest in the bowl. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



GET CHOPPING

Halve and peel the **onion**. Chop into wedges. Halve the **peppers** and discard the cores and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Finely chop the chives.

Pop two portions of the **pepper** and **onion** onto the tray with the chicken. Season and drizzle with oil. Set aside.



START THE ORZO

Heat a glug of oil in a large ovenproof saucepan on medium-high heat.

Add the reserved **chicken** (from the bowl) and cook, turning, until browned, 5-6 mins. Add the remaining onion and peppers. Fry until soft, 5 mins. Stir in the garlic and remaining oregano and paprika then add the diced tomatoes, a pinch of sugar, the stock powder and water (see ingredients for amount).



Bring to the boil, then mix in the **orzo** and half the chives. Season with salt and pepper.

Transfer to the middle shelf of your oven, uncovered, and bake until almost all the liquid has been absorbed, 15 mins.

At the same time, pop the tray of **chicken** and veggies on the top shelf for 10-15 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Meanwhile, grate the cheddar cheese.



GET AHEAD

Slice lengthways into the **avocado**. Once you reach the stone turn the avocado around to cut in half. Twist each half and pull apart. Remove the stone then scoop the insides onto a board. Slice into thin strips.

Once the **orzo** is done, stir in the **spinach** (leaving a handful back for lunch!). Sprinkle over half the cheddar (the rest will go in your wraps!). Return to the oven to melt, 5 mins. Serve in bowls and **Enjoy!**



WRAP UP!

Once you have finished eating, return to your wraps. Lay your tortillas (2 per person) on a board. Divide up the remaining spinach, roasted veggies, chicken pieces, cheddar and avocado strips, layering them into the centre of each wrap.

Sprinkle the remaining **chives** on top and squeeze over some **lemon juice**. Fold the two short ends in, over the top of the filling then roll up! Pop into a box and refrigerate. **Enjoy Tomorrow!**

INGREDIENTS

| | 2P | 3P | 4P |
|-----------------------------------|----------|----------|----------|
| Lemon * | 1 | 1 | 2 |
| Oregano | 1 pot | 1 pot | 1½ pots |
| Mild Paprika | 1 large | 1 large | 1⅓ large |
| | pot | pot | pots |
| Diced Chicken Thigh * | 420g | 560g | 630g |
| Onion * | 1 | 1½ | 1½ |
| Green Pepper * | 1 | 1 | 1 |
| Red Pepper * | 1 | 1 | 2 |
| Garlic Clove * | 1 | 2 | 2 |
| Chives * | 1 bunch | 1 bunch | 1 bunch |
| Diced Tomatoes | ½ tin | ¾ tin | 1 tin |
| Chicken Stock Powder | ½ sachet | ½ sachet | 1 sachet |
| Water* | 200ml | 300ml | 400ml |
| Orzo 13) | 180g | 240g | 360g |
| Cheddar Cheese7) * | 1 block | 1½blocks | 2 blocks |
| Avocado * | 1 | 1 | 1 |
| Baby Spinach * | ½ bag | ¾ bag | 1 bag |
| Whole Wheat Soft Tortillas 13) | 4 | 4 | 4 |

*Not Included * Store in the Fridge

ALLERGENS

7) Milk 13) Gluten

NUTRITION FOR UNCOOKED INGREDIENTS

| PER SERVING: 438G | PER 100G |
|-------------------|--|
| 2600/610 | 593/139 |
| 13 | 3 |
| 4 | 1 |
| 80 | 18 |
| 12 | 3 |
| 43 | 10 |
| 0.82 | 0.19 |
| PER SERVING: 451G | PER 100G |
| 2727/ 653 | 605/ 145 |
| 32 | 7 |
| • | |
| 8 : | 2 |
| 8 48 | 2 11 |
| | |
| 48 | 11 |
| | 2600/ 610 13 4 80 12 43 0.82 PER SERVING: 451G 2727/ 653 32 |

Nutrition for uncooked ingredients based on 2 person recipe.

🔝 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.



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