



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!



Lemon



Oregano



Mild Paprika



Diced Chicken thigh



Onion



Green Pepper



Red Pepper



Garlic Clove



Chives



Diced Tomatoes



Chicken Stock Powder



Orzo



Cheddar



Avocado



Baby Spinach



Whole Wheat Soft Tortillas

DINNER TO LUNCH

Transform dinner into a tasty new lunch!

DINNER: 40mins **LUNCH: 5 mins**

Dinner: **3 of your 5** Lunch: **3 of your 5**

Medium heat

Introducing “Dinner To Lunch”, the great time-saving recipes that let you cook for 2 mealtimes in 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 Orzo, then wrap up the remaining chicken, for a hearty lunchtime wrap. Win-win!

BEFORE YOU START

🔥 **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!**



1 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!



2 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.



3 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).



4 BAKE IT

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**.



5 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!**



6 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!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Lemon *	1	1	2
Oregano	1 pot	1 pot	1½ pots
Mild Paprika	1 large pot	1 large pot	1½ large 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 Cheese ⁷ *	1 block	1½ blocks	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

DINNER	PER SERVING: 438G	PER 100G
Energy (KJ/kcal)	2600/ 610	593/ 139
Fat (g)	13	3
Sat. Fat (g)	4	1
Carbohydrate (g)	80	18
Sugars (g)	12	3
Protein (g)	43	10
Salt (g)	0.82	0.19
LUNCH	PER SERVING: 451G	PER 100G
Energy (KJ/kcal)	2727/ 653	605/ 145
Fat (g)	32	7
Sat. Fat (g)	8	2
Carbohydrate (g)	48	11
Sugars (g)	8	2
Protein (g)	42	9
Salt (g)	1.82	0.40

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.



HelloFresh UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

♻️ YOU CAN RECYCLE ME!

Packed in the UK

