



# Summer Pesto Orzo and Herby Chicken Thighs with Courgette and Greek Style Cheese

Sunshine Dining 30-35 Minutes • 1 of your 5 a day

5



Roasted Spice and Herb Blend



British Chicken Thighs



Orzo



Courgette



Garlic Clove



Lemon



Pesto



Greek Style Salad Cheese



Red Pepper Chilli Jelly



British Chicken Breasts

### Pantry Items

Oil, Salt, Pepper, Plain Flour, Butter, Olive Oil

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Saucepan, bowl, frying pan, baking tray, sieve and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
British Chicken Thighs**	4	6	8
Orzo <b>13</b>	180g	270g	360g
Courgette**	1	2	2
Garlic Clove**	1	2	2
Lemon**	1	1½	2
Pesto** <b>7</b>	32g	48g	64g
Greek Style Salad Cheese** <b>7</b>	50g	100g	100g
Red Pepper Chilli Jelly	37g	62g	74g
British Chicken Breasts**	2	3	4
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Butter*	10g	15g	20g
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	536g	100g	496g	100g
Energy (kJ/kcal)	4227/1010	789/189	3352/801	676/162
Fat (g)	47.7	8.9	25.0	5.0
Sat. Fat (g)	16.2	3.0	9.6	1.9
Carbohydrate (g)	90.3	16.9	90.4	18.2
Sugars (g)	18.0	3.4	18.1	3.7
Protein (g)	60.5	11.3	57.4	11.6
Salt (g)	2.01	0.38	1.93	0.39

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7) Milk 13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## 1 Prep the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **orzo**.

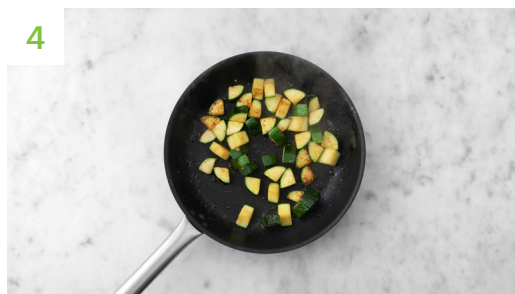
In a large bowl, combine the **roasted spice and herb blend** and **plain flour** (see pantry for amount). Season with **salt** and **pepper**.

Add the **chicken thighs** and toss to coat.

**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

↔ Swap to Chicken Breast

If you've chosen **chicken breast** instead, prep in the same way.



## 4 Char the Courgette

Return the (now empty) **chicken** pan to medium-high heat (no need to clean). Add another drizzle of **oil** if the pan is a little dry.

When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins.

Meanwhile, zest and cut the **lemon** into wedges.

Once the **courgette** is charred, add the **garlic** and **butter** (see pantry for amount). Allow to melt, then toss to coat the **courgette**, 30 secs. Remove from the heat.



## 2 Fry and Bake

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken thighs** flat in the pan. Fry until browned all over, 3-4 mins each side.

Once the **chicken** is browned, transfer to a large baking tray.

Bake on the middle shelf of your oven until cooked through, 12-15 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

↔ Swap to Chicken Breast

Fry the **chicken breasts** for 5 mins on each side instead, then transfer to the baking tray and roast on the top shelf for 10-12 mins.



## 5 Bring it All Together

In a large bowl, combine the **pesto**, **half the lemon juice**, a pinch of **lemon zest** and the **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**.

Add the **cooked orzo** and **courgette** to the **dressing**. Crumble in **half the Greek style cheese**. Toss to coat.

Taste and season with more **salt**, **pepper** and **lemon juice** if needed.



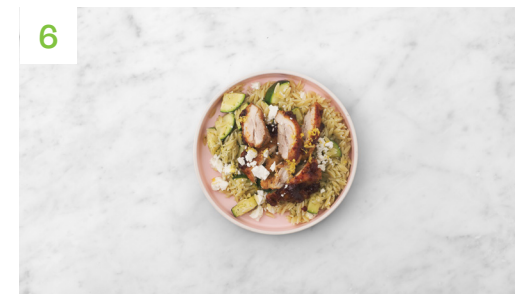
## 3 Cook the Orzo

When boiling, add the **orzo** to the **water** and bring back to the boil. Cook until tender, 10 mins.

Once cooked, drain in a sieve and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

Meanwhile, trim the **courgette**, then quarter lengthways. Chop widthways into 1cm chunks.

Peel and grate the **garlic** (or use a garlic press).



## 6 Serve Up

When the **chicken** is cooked, drizzle over the **red pepper chilli jelly**. Turn to coat, then cut thinly widthways into 1cm slices.

Share the **pesto orzo** between your bowls.

Top with the **chicken**. Drizzle over any leftover **glaze** from the tray.

Sprinkle over the remaining **cheese** and **lemon zest**.

## Enjoy!