

MARLEY SPOON



Oregano Chicken with

Leek Rice and Yoghurt Tartare



40-50min



4 Portions

With a bit of clever cooking, you can still have your butter and creamy sauce while watching your waistline. Here, aromatic leek is used to flavour low-GI basmati rice so that butter can be used sparingly, while yoghurt reduces the fat content of traditional tartare sauce and adds a complementary tang to chargrilled lemon-infused chicken.

What we send

- zucchini, spring onion
- basmati rice
- red onion
- free-range chicken breast fillet
- dried oregano
- Greek-style yoghurt ⁷
- capers
- parsley
- lemon

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- butter ⁷
- olive oil
- sea salt and pepper
- water
- white wine vinegar ¹⁷

Utensils

- baking paper
- medium saucepan
- rolling pin
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 680kcal, Fat 25.8g, Carbs 59.7g, Proteins 47.8g



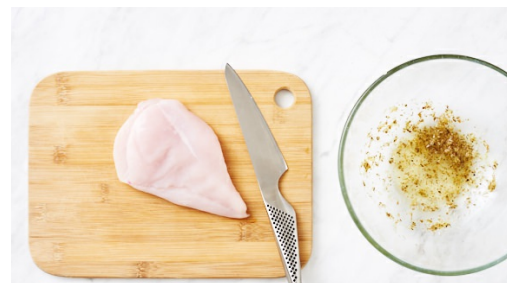
1. Prepare ingredients

Place **rice** in a bowl and cover with cold water. Set aside to soak until ready to use. Trim and thinly slice the **leek(s)**. Place your hand flat on top of each **chicken breast** and use a knife to slice through horizontally to make 2 thin steaks. Using a rolling pin or meat mallet, pound chicken between baking paper until about 5mm thick.



4. Make yoghurt tartare

While rice is cooking, place the **yoghurt** in a bowl. Trim and very finely chop the **spring onion(s)**. Drain, rinse and dry the **capers** and finely chop. Finely chop the **parsley** leaves, including the stems. Stir the **spring onion, capers** and **half the parsley** into the **yoghurt** and season with **salt and pepper**.



2. Marinate chicken

Finely grate the **lemon rind** into a large bowl. Add the **oregano** (1 tsp 2P | 2 tsp 4P** see cooking tip), **half the oil, salt and pepper**, and mix to combine. Add the **chicken** and mix to coat.



5. Cook chicken

Heat a chargrill pan over high heat and cook the **chicken** for 2-3 mins each side until charred and cooked through. Transfer **chicken** to a plate, squeeze over **lemon juice** and set aside to rest for 5 mins.



3. Cook rice

Melt the **butter** in a medium saucepan over medium heat. Cook, stirring, the **leek** for 5 mins or until soft. Season with **salt and pepper**. Rinse and drain **rice**, add to leek mixture, stir once, then add the **water**. Bring to the boil, then cover the pan with a lid and cook for 12 mins. Remove from heat and stand, covered, for a further 5 mins or until tender.



6. Get ready to serve

Meanwhile, combine the **vinegar** and **remaining oil** in a large bowl, and season with **salt and pepper**. Add **salad leaves** and toss to coat. Fluff the **rice** with a fork and stir in the **remaining parsley**. Serve the chicken with the leek rice, green salad and the yoghurt tartare.