



# MARLEY SPOON



## Oregano Chicken

with Zucchini Rice and Yoghurt Tartare

 20-30min  2 Portions

Oregano and lemon infuse this tantalising chicken dish; you can almost smell the Greek Islands as it cooks. The deliciousness doesn't stop there though- there's rice gone green with zucchini strands and fresh parsley plus a zingy spring onion, caper and yoghurt sauce to finish everything off with a bang. This recipe is also suited to cooking in the Kenwood Multi Smart thermo cooker, using the ...

## What we send

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

## What you'll require

- butter<sup>7</sup>
- olive oil
- sea salt and pepper
- water

## Utensils

- medium frypan
- sieve

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

## Allergens

Milk (7). May contain traces of other allergens.

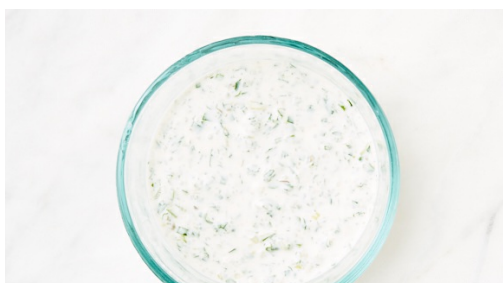
## Nutrition per serving

Energy 720kcal, Fat 29.8g, Carbs 65.4g, Proteins 43.6g



### 1. Prepare ingredients

Put the **rice** in a bowl and cover with cold water. Set aside to soak until ready to cook. Halve and thinly slice the **onion**. Coarsely grate the **zucchini**. Finely grate the zest of **half the lemon** and juice the half (the remaining lemon won't be used in this dish).



### 4. Make yoghurt tartare

Meanwhile, trim and very finely chop the **spring onion**. Drain and rinse the **capers**, then finely chop. Finely chop the **parsley** leaves. Put **half the yoghurt** (the remaining yoghurt won't be used in this dish), **1 tbs water**, spring onion, capers and **half the parsley** in a small bowl, season with **salt and pepper** and stir to combine.



### 2. Marinate chicken

Combine the **lemon zest**, **1 tsp oregano** (the remaining oregano won't be used in this dish) and **1 tbs olive oil** in a dish and season with **salt and pepper**. Put the **chicken** on a board, put your hand on top and carefully slice in half horizontally through the middle. Add the chicken to the marinade and turn to coat.



### 5. Cook chicken

Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Transfer the chicken to a plate, pour over the **lemon juice** and rest for 5 mins.



### 3. Cook rice

Melt **15g butter** in a medium saucepan over medium heat. Cook the **onion** for 5 mins or until softened. Season with **salt and pepper**. Drain and rinse **rice**, add to pan, stir once, then add **250ml (1 cup) water**. Bring to the boil, cover then cook for 12 mins. Remove pan from the heat, add **zucchini** and stand, covered, for a further 5 mins or until rice is tender.



### 6. Get ready to serve

Thickly slice the **chicken**. Add the **remaining parsley** to the **rice mixture** and stir to combine. Divide the **chicken** and **zucchini rice** among bowls and drizzle over the **yoghurt tartare** to serve.