



# MARLEY SPOON



## Oregano Chicken

with Zucchini Rice and Yoghurt Tartare

 20-30min  4 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

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

## What you'll require

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

## Utensils

- large 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 680kcal, Fat 25.2g, Carbs 65.5g, 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 **lemon** zest and juice.



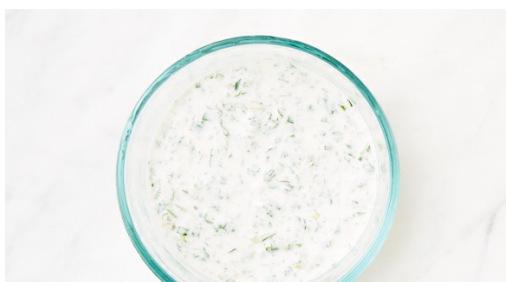
### 2. Marinate chicken

Combine the **lemon zest**, **2 tsp oregano** (the remaining oregano won't be used in this dish) and **2 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 each fillet horizontally through the middle to create 4 fillets. Add the chicken to the marinade and turn to coat.



### 3. Cook rice

Melt **30g butter** in a large saucepan over medium heat. Cook **onion** for 5 mins or until softened. Season with **salt and pepper**. Drain and rinse **rice**, add to pan, stir once, then add **450ml water**. Bring to the boil and cook, covered, for 12 mins. Remove pan from the heat, add **zucchini** and stand, covered, for a further 5 mins or until rice is tender.



### 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 the **yoghurt**, **2 tbs water**, spring onion, capers and **half the parsley** in a small bowl, season with **salt and pepper** and stir to combine.



### 5. Cook chicken

Heat **1 tbs olive oil** in a large 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.



### 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 the **zucchini rice** among plates and drizzle over the **yoghurt tartare** to serve.