



## Herby Lemon Chicken with Greek Style Orzo Salad

Juicy chicken fillets marinated in lemon, honey, garlic, and oregano paired perfectly with a refreshing orzo salad. Tossed with feta, black olives, cucumbers, cherry tomatoes, and a tangy lemon dressing, it's a vibrant Mediterranean-inspired meal.

### Nutritional Info

Calories: 399 kcal  
Carbohydrates: 39 g  
Protein: 35 g  
Fat: 13 g

### Ingredients

- Chicken Fillet
- Garlic
- Shallot
- Cucumber
- Lemon
- Cherry Tomatoes
- Feta Cheese
- Black Olives
- Orzo
- Dried Oregano
- Honey

### Your Pantry

- Olive Oil
- Salt
- Pepper

### Allergens


[Wheat \(Orzo\)](#)  
[Milk \(Feta\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) Boil the kettle

### 2) Prepare the chicken

Wrap your chicken in clingfilm/baking parchment or place in a sandwich bag and seal. Use a rolling pin or other (safe) object to bash the chicken flat. If you don't have anything to flatten the chicken with, simply butterfly your chicken and open it out completely.

### 3) Marinate the chicken

Peel and crush the garlic. Zest the lemon and add the zest to a bowl along with, the garlic, half the oregano, a good drizzle of oil, the honey, salt, and pepper. Squeeze the juice from the lemon and add half to a bowl and set the remainder aside for later. Lay the chicken into the marinade, then mix well. Set aside. While the chicken marinates...

### 4) Cook the orzo

Add the orzo to a pan of boiling water with a pinch of salt. Cook for 8-10 minutes or until the orzo is tender, then drain and set aside to cool, fluffing with a fork. Meanwhile....

### 5) Prepare the vegetables

Cut the cherry tomatoes and black olives in half. Slice or dice the cucumber. Peel and finely slice the onion. Add all the veg to a bowl with the feta and set aside.

### 6) Fry the chicken

Place a frying pan on medium heat with a drizzle of oil. Once hot, lay the chicken in the pan and cook for 3-4 minutes on each side or until cooked through and golden. Remove and set aside on a plate to cool.

### 7) Finish the dish

Toss the vegetables, olives, feta, remaining oregano and orzo together. Drizzle over some olive oil and the remaining lemon juice and mix well. Slice the chicken and lay it over the top. Enjoy!



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