



Chicken and Blue Cheese Salad

with parsley and sweet chilli dressing

Quick Cook 20-25 mins

15



Diced Chicken Breast



Parsley



Chickpeas



Sweet Chilli Sauce



Tomato



Hello Muscat



Dried Thyme



Blue Cheese



Dried Orzo

Pantry Items: Salt, Oil, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Parsley	5 g	10 g
Chickpeas	1 pack	2 packs
Sweet Chilli Sauce	1 sachet	2 sachets
Tomato	1 unit	2 units
Hello Muscat	1 sachet	2 sachets
Dried Thyme	½ sachet	1 sachet
Blue Cheese	60 g	120 g
Dried Orzo	170 g	335 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	495 g	100 g
Energy (kJ/kcal)	3246.8 kJ/ 776 kcal	655.9 kJ/ 156.8 kcal
Fat (g)	17.1 g	3.5 g
Sat. Fat (g)	7.6 g	1.5 g
Carbohydrate (g)	84.9 g	17.2 g
Sugars (g)	9.1 g	1.8 g
Protein (g)	56.2 g	11.4 g
Salt (g)	2.8 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



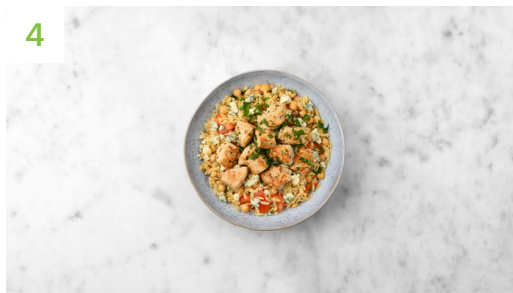
You can recycle me!



Cook the Orzo

- Boil a pot of **salted water** for the **orzo**.
- Add the **orzo** and **muscat** to the boiling **water** then bring back to the boil.
- Cook until softened, 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pot. Drizzle with **oil** and stir through to prevent sticking.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Finish and Serve

- Divide the **orzo** between bowls or plates.
- Crumble the **blue cheese** over.
- Top with the golden **chicken**.
- Garnish with the remaining **parsley**.

TIP: *If you're not a fan of blue cheese this dish will still be delicious without!*

Enjoy!



Fry the Chicken

- Place a pan over medium-high heat with a drizzle of **oil**.
- Add the **chicken** with **half** the **dried thyme** (double for 4p), **salt** and **pepper**.
- Fry until golden brown and cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

TIP: *Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.*



Get Prepped

- Meanwhile, chop the **tomato** into 2cm chunks.
- Roughly chop the **parsley** (stalks and all).
- Drain and rinse the **chickpeas** in a sieve.
- In a large bowl for the salad, mix the **sweet chilli sauce** with **half** the **parsley** and a drizzle of **oil**. Season to taste with **salt** and **pepper**.
- Fluff up the **orzo** with a fork and toss with the **tomato**, **chickpeas** and **sweet chilli dressing**.