



## One-Pot Mediterranean Chicken

with Toasted Feta Garlic Bread

⌚ 20-30min

🍴 2 Servings

This one-pot chicken dinner channels the flavors of the Mediterranean thanks to classic ingredients like aromatic dried oregano, sun-dried tomatoes, and artichoke hearts. We serve the chicken with crisp cheesy garlic bread perfect for soaking up any pan drippings.

## What we send

- 1 carrot
- 1 medium red onion
- garlic (use 2 large cloves)
- 1 oz sun-dried tomatoes <sup>17</sup>
- 1 can artichokes (use half)
- 1 piece feta cheese <sup>7</sup>
- 12 oz pkg boneless, skinless chicken breasts
- dried oregano (use 1½ tsp)
- 1 pkt chicken broth concentrate
- 2 mini French rolls <sup>1</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar) <sup>17</sup>

## Tools

- fine-mesh sieve
- medium skillet

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

## Allergens

Wheat (1), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 730kcal, Fat 35g, Carbs 50g, Proteins 52g



### 1. Prep ingredients

Scrub **carrot**, then cut crosswise into ¼-inch thick rounds. Halve, peel, and thinly slice **¾ cup onion**. Peel and finely chop **2 teaspoons garlic**. Thinly slice **sun-dried tomatoes**. Drain **artichokes** and set aside half for step 5 (save rest for own use). In a small bowl, combine **feta**, half of the chopped garlic, and **1 tablespoon oil**; mash with a fork to combine.



### 4. Make sauce

Heat **½ tablespoon oil** in same skillet over medium-high. Add **remaining chopped garlic** and **1½ teaspoons of the oregano**. Cook, stirring, until fragrant, about 30 seconds. Add **carrots and onions** back to skillet. Stir in **broth concentrate, ⅔ cup water**, and **½ teaspoon vinegar**, scraping up any browned bits. Bring to a boil.



### 2. Sauté aromatics & veggies

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **onions** and **carrots**; season with **salt** and **pepper**. Cook, stirring occasionally, until veggies are slightly softened and lightly browned (add **1-2 tablespoons water** if skillet gets too dry), 3-4 minutes. Transfer veggies to a bowl. Cover to keep warm.



### 5. Cook chicken & prep rolls

Add **chicken** back to skillet, browned side up. Add **artichokes** and **sun-dried tomatoes**; season with **salt** and **pepper**. Reduce heat to medium-low; cover and simmer until chicken is cooked through, and carrots are tender, 4-6 minutes. Meanwhile, place **rolls** on a piece of foil. Using a serrated knife, cut 4 slices crosswise into each roll, stopping halfway down (don't cut through).



### 3. Sear chicken

Pat **chicken** dry, and pound to an even thickness, if necessary; season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken and cook until browned underneath, about 3 minutes. Transfer to a plate (chicken will not be cooked through).



### 6. Make garlic bread & serve

Preheat broiler with top rack 6 inches from heat source. Rub **rolls** lightly with **oil**. Push **some of the feta mixture** between slices; spread remaining on top. Broil on top oven rack until bread and cheese are golden brown, 1-3 minutes (watch closely as broilers vary). Serve **chicken and vegetables** with **sauce** spooned over top, and with **garlic bread** alongside. Enjoy!