

DINNERLY



Fast! Greek Chicken & Farro Salad with Tzatziki



ca. 20min



2 Servings

This super speedy recipe with superpowered flavor is basically your new weeknight hero. We marinate cucumbers, tomatoes, and olives in a lemony and oregano-y (Is that a real word?) dressing before we throw in quick-cooking, ready to heat farro. Just sear juicy chicken breast in a skillet and dollop on readymade tzatziki for a creamy finish. We've got you covered!

WHAT WE SEND

- 1 cucumber
- 1 plum tomato
- 1 oz Kalamata olives
- 1 lemon
- ¼ oz dried oregano
- 10 oz pkg boneless, skinless chicken breast
- 10 oz ready to heat farro ¹
- 4 oz tzatziki ^{7,15}

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- medium skillet
- microwave

COOKING TIP

No microwave? No problem! Combine farro and 2 tablespoons water in a small skillet. Cook, stirring, until just warmed through, 1–2 minutes.

ALLERGENS

Wheat (1), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 780kcal, Fat 41g, Carbs 68g, Protein 49g



1. Prep salad

Peel **cucumber**, if desired; cut into ½-inch pieces. Cut **tomato** into ½-inch pieces. Halve **olives**. Halve **lemon**; juice one half into a medium bowl. Cut remaining half into wedges and set aside for serving.

To bowl with lemon juice, whisk in **3 tablespoons oil** and **1 teaspoon oregano**. Season to taste with **salt** and **pepper**. Stir in cucumbers, tomatoes, and olives.



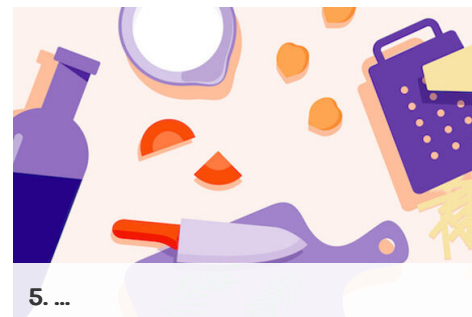
What were you expecting, more steps?



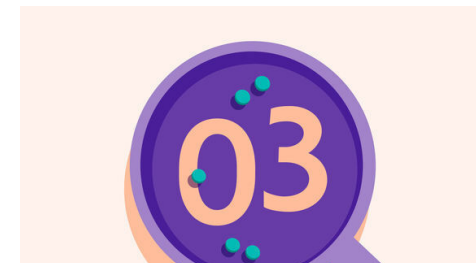
2. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken; cook until well browned on and cooked through, 3–4 minutes per side. Transfer to a cutting board.



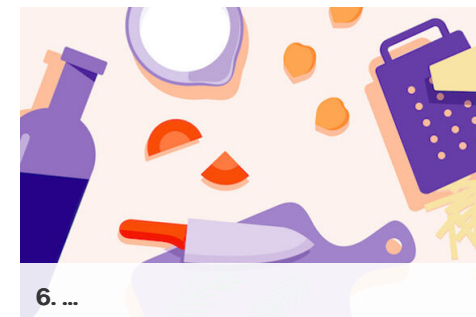
You're not gonna find them here!



3. Heat farro & serve

Meanwhile, microwave **farro** in a medium bowl until warmed through, about 2 minutes. Add to bowl with **veggies** and toss to coat. Slice **chicken**, if desired.

Serve **chicken** and **farro salad** over **tzatziki** with **lemon wedges** alongside. Enjoy!



Kick back, relax, and enjoy your Dinnerly!