

DINNERLY



Greek Chicken & Farro Salad with Tzatziki



30min



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 one of our fave grains, 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

- 4 oz farro³
- 1 cucumber
- 1 plum tomato
- 1 oz Kalamata olives
- 1 lemon
- ¼ oz dried oregano
- 10 oz pkg boneless, skinless chicken breast
- 4 oz tzatziki^{1,2}

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- medium saucepan
- fine-mesh sieve
- medium skillet

ALLERGENS

Milk (1), Tree Nuts (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 680kcal, Fat 36g, Carbs 49g, Protein 44g



1. Cook farro

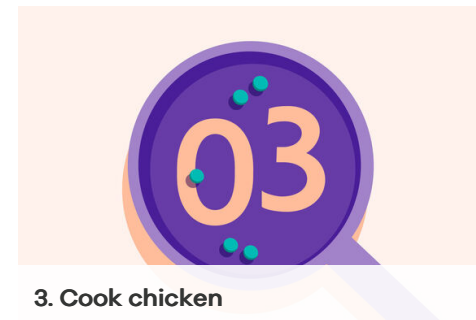
Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18–20 minutes. Drain well; cover to keep warm off heat until ready to serve.



2. 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.

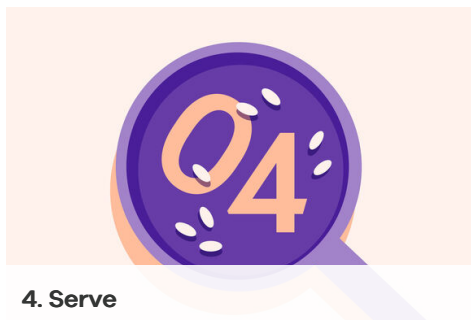
To bowl with lemon juice, whisk in **3 tablespoons oil** and **1 teaspoon oregano**. Season to taste with **salt** and **pepper**. Stir in cucumbers, tomatoes, and olives.



3. Cook chicken

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

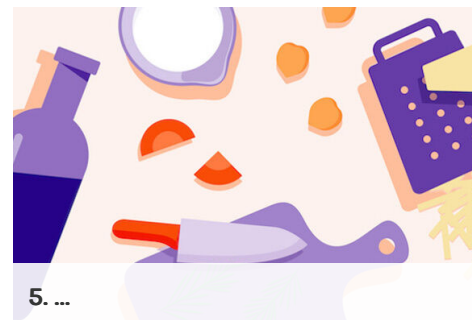
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken; cook until well browned on and cooked through, 3–4 minutes per side. Transfer to a cutting board.



4. Serve

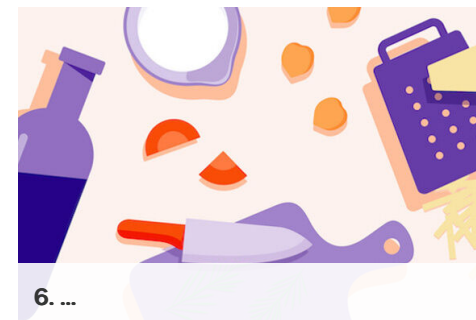
Add **farro** to bowl with **veggies** and toss to coat. Slice **chicken**, if desired.

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



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!