

# Mediterranean Chicken and Rice

Total Cook Time: 1 hour 30 minutes

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

## Prepare with (aka ingredients needed to prepare meal):

- 1 1/4 cups (2 1/2 cups)\* chicken broth
- Optional toppings and garnishes: hummus, chopped cucumbers, tomatoes, olives, avocados, banana peppers, feta cheese, lemon juice, side of flat bread

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1 1/4 cups (2 1/2 cups)\* chicken broth. Make sure most of the rice is near the bottom of the pan and submerged in liquid.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 32 minutes.
3. When pressure cooking is complete, use a natural release.
4. Move meat to a cutting board and shred. Return meat to rice and mix well. You could also serve the chicken and rice separately to please pickier eaters.
5. Spoon the chicken and rice into a bowl and add desired toppings.

## Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees and the rice is cooked through. Continue with steps 4-5.

## Leftover Suggestions:

- Wrap into a tortilla with desired toppings

## Notes:

- This meal may appear to have too much liquid when you first open the pot. Don't worry—simply shred the chicken and return it to the pot. Stir well, cover, and let it sit for 5 minutes to absorb the excess liquid.

## Nutrition Facts

4 servings per container

**Serving size**  
1 cup (194g)

**Calories**  
per serving **280**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>	<b>Total Carbohydrate</b> 39g	<b>14%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 2g	<b>7%</b>
Trans Fat 0g		Total Sugars 1g	
<b>Cholesterol</b> 75mg	<b>25%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 790mg	<b>34%</b>	<b>Protein</b> 27g	
Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.2mg 6% • Potassium 170mg 4%			
Vitamin A 10mcg 0% • Vitamin C 3mg 4%			

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CHICKEN, BROWN RICE, ONION, LEMON JUICE, SALT, GARLIC, SPICE, DILL

