



Honey Greek Salad Crispy Rice

EASY • 40 MINS

Greek salad, but not as you know it! Golden, crispy honey-baked rice meets juicy chicken, fresh tomato and cucumber, salty feta and kalamata olives. A drizzle of Capilano Pure Honey ties it all together. Fresh, hearty and made for sharing.



SKILL LEVEL
Easy

PREP TIME
10 mins

COOKING TIME
30 mins

SERVINGS
2

Ingredients

Rice

- 250g cooked day-old rice
- Big pinch of dried herbs

Method

1. Preheat your oven to 200°C.
2. In a baking tray, combine the day-old rice with the dried herbs, a drizzle of Capilano Pure Honey, olive oil and salt, mixing until well combined.

Visit [capilano.com.au](https://www.capilano.com.au) to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](https://www.instagram.com/honeylovers) & [@capilano](https://www.instagram.com/capilano) on Instagram or Facebook and you could be featured on our page!



- Capilano Pure Honey
- Drizzle of olive oil
- Salt, to taste

Chicken

- 2 chicken thighs
- Seasoning of choice
- Salt, to taste

Salad

- Tomatoes
- Cucumber
- Feta
- Kalamata olives
- Olive oil
- Juice of ½ lemon
- Capilano Pure Honey

Method

3. Bake for 30 minutes, tossing halfway through, until crispy.
4. Season your chicken thighs and fry over medium heat for 5–6 minutes each side until cooked through, then dice and set aside.
5. Combine all the salad ingredients in a bowl, add the diced chicken and crispy rice, drizzle with extra Capilano Pure Honey and enjoy.

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!