

DIETITIAN APPROVED

















Seasoning

Kalamata Olives

Chicken Breast



Baby Spinach



Green Dressing



Flaked Almonds

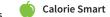


Yoghurt



Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early



Herby chicken steaks, an olive-studded roast veggie toss with flaked almonds and Greek-style yoghurt for some crunch and coolness, we've got Mediterranean night sorted!



Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
zucchini	1	2		
garlic	1 clove	2 cloves		
kalamata olives	1 packet	2 packets		
chicken breast	1 small packet	2 small packets OR 1 large packet		
garlic & herb seasoning	1 medium sachet	1 large sachet		
baby spinach leaves	1 medium bag	1 large bag		
vinegar* (white wine or balsamic)	drizzle	drizzle		
green dressing	1 medium packet	1 large packet		
flaked almonds	1 medium packet	1 large packet		
Greek-style yoghurt	1 medium packet	1 large packet		
haloumi**	1 packet	2 packets		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2053kJ (490Cal)	343kJ (81Cal)
Protein (g)	45.3g	7.6g
Fat, total (g)	16.7g	2.8g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	38.6g	6.5g
- sugars (g)	17.5g	2.9g
Sodium (mg)	947mg	158mg
Dietary Fibre	10.3g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2452kJ (586Cal)	469kJ (112Cal)
Protein (g)	28.5g	5.4g
Fat, total (g)	34.7g	6.6g
- saturated (g)	16.5g	3.2g
Carbohydrate (g)	39.8g	7.6g
- sugars (g)	18.5g	3.5g
Sodium (mg)	1898mg	363mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato and zucchini into bite-sized chunks.

Custom Recipe: If you've swapped to haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water to soak.



Roast the veggies

- Place prepped veggies on a lined oven tray.
 Drizzle with olive oil, season with salt and toss to coat.
- · Roast until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Flavour the chicken

- Meanwhile, finely chop garlic.
- Roughly chop kalamata olives. Set aside.
- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine garlic, garlic & herb seasoning, a pinch of salt and pepper and a drizzle of olive oil. Add chicken, turning to coat.

Custom Recipe: Drain haloumi and pat dry. Combine with garlic & herb seasoning as above, turning to coat.



Cook the chicken

- In a large frying pan heat a drizzle of olive oil over medium-high heat.
- Cook chicken until cooked through,
 3-6 minutes each side (cook in batches if your pan is getting crowded).

TIP: Chicken is cooked through when it is no longer pink inside.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.



Bring it all together

- To the tray with roasted veggies, add baby spinach leaves, olives and a drizzle of the vinegar
- · Toss to combine. Season to taste.



Serve up

- · Slice herby-garlic chicken.
- Divide roast veggie toss between bowls. Top with chicken.
- Drizzle green dressing over chicken.
- · Sprinkle with flaked almonds.
- Top with a dollop of Greek-style yoghurt to serve. Enjoy!



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate