



Mediterranean Chicken & Veggie-Olive Toss

with Green Dressing, Yoghurt & Almonds

MEDITERRANEAN

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Sweet Potato



Zucchini



Capsicum



Garlic



Kalamata Olives



Chicken Breast



Garlic & Herb Seasoning



Baby Spinach Leaves



Green Dressing



Flaked Almonds



Greek-Style Yoghurt



Prawns

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me First

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

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
zucchini	1	2
capsicum	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
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2158kJ (516Cal)	309kJ (74Cal)
Protein (g)	46.7g	6.7g
Fat, total (g)	17g	2.4g
- saturated (g)	3.5g	0.5g
Carbohydrate (g)	42.8g	6.1g
- sugars (g)	21.7g	3.1g
Sodium (mg)	949mg	136mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1729kJ (413Cal)	273kJ (65Cal)
Protein (g)	26.5g	4.2g
Fat, total (g)	12.7g	2g
- saturated (g)	2.2g	0.3g
Carbohydrate (g)	42.8g	6.8g
- sugars (g)	21.7g	3.4g
Sodium (mg)	1517mg	240mg

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, zucchini** and **capsicum** into bite-sized chunks.



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: Heat pan as above. When oil is hot, add prawns and cook, tossing, until pink and starting to curl, 3-4 minutes.



Roast the veggies

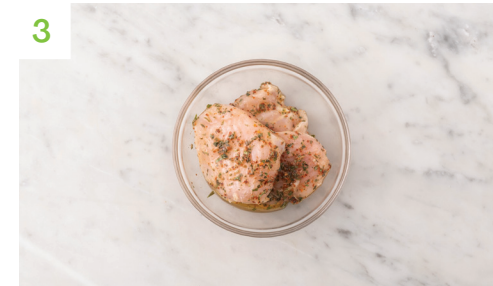
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

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



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.



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: If you've swapped to prawns, add prawns to the bowl with the seasoning. Toss prawns to coat.



Serve up

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

Rate your recipe

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