



Greek-Style Chicken & Olive Garden Salad

with Easy-Prep Roast Potatoes & Dill Parsley Mayo

Grab your Meal Kit with this symbol



Chopped Potato



Tomato



Cucumber



Chicken Tenderloins



Lemon Pepper Seasoning



Kalamata Olives



Spinach & Rocket Mix



Green Dressing



Dill & Parsley Mayonnaise



Salmon

Prep in: 10-20 mins
Ready in: 30-40 mins



Carb Smart*
**Custom recipe is not Carb Smart*

The Mediterranean is calling! Juicy olives, a bright garden salad and lemon pepper chicken, are all at the ready to bring the Mediterranean flavours that we all know and love right onto your plate.

Eat Me First

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

Pantry items

Olive Oil

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
chopped potato	1 medium bag	1 large bag
tomato	1	2
cucumber	1	2
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
lemon pepper seasoning	½ sachet	1 sachet
kalamata olives	1 packet	2 packets
spinach & rocket mix	1 small bag	1 medium bag
green dressing	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
salmon**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2325kJ (556Cal)	409kJ (98Cal)
Protein (g)	43.7g	7.7g
Fat, total (g)	26.2g	4.6g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	33.9g	6g
- sugars (g)	7g	1.2g
Sodium (mg)	873mg	153mg
Dietary Fibre (g)	5.2g	0.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2867kJ (685Cal)	527kJ (126Cal)
Protein (g)	35.7g	6.6g
Fat, total (g)	44g	8.1g
- saturated (g)	5.6g	1g
Carbohydrate (g)	35g	6.4g
- sugars (g)	7g	1.3g
Sodium (mg)	860mg	158mg

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



1



Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Place **chopped potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

3



Cook the chicken

- When potatoes have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken tenderloins** and **lemon pepper seasoning** (see ingredients), tossing to coat, until browned and cooked through, **3-4 minutes** each side.

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

Custom Recipe: If you've upgraded to salmon, heat pan as above. Pat salmon dry with paper towel and coat with lemon pepper seasoning on both sides. When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side.

2



Prep the veggies

- Meanwhile, roughly chop **tomato**.
- Thinly slice **cucumber** into rounds.

4



Toss the salad and serve up

- In a large bowl, combine tomato, cucumber, **kalamata olives** (roughly chop if preferred), **spinach & rocket mix** and **green dressing**.
- Divide chicken, potatoes and olive salad between plates.
- Top with a dollop of **dill & parsley mayonnaise** to serve. Enjoy!

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