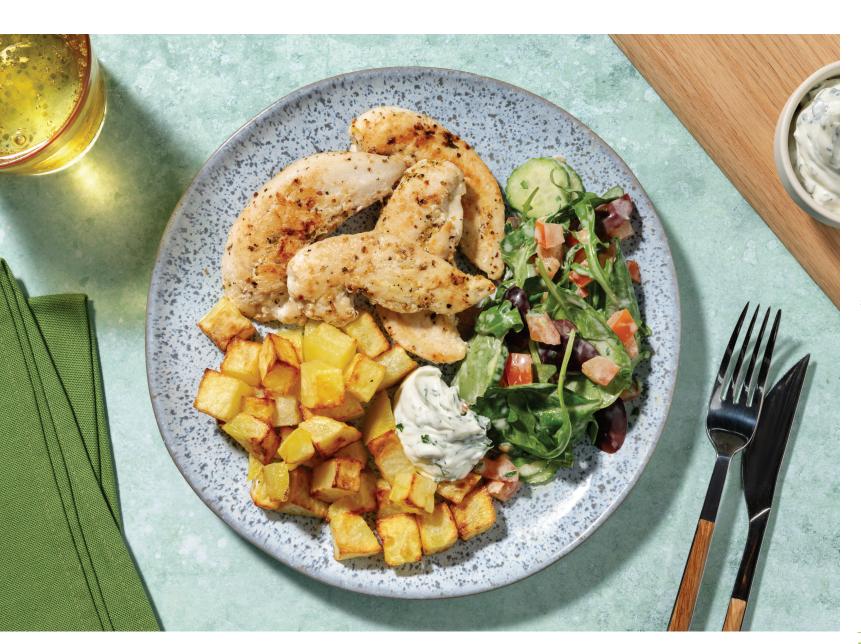


# Greek-Style Chicken & Olive Garden Salad with Easy-Prep Roast Potatoes & Dill Parsley Mayo

Grab your Meal Kit with this symbol









Chopped Potato

Cucumber

Chicken Tenderloins





Lemon Pepper Seasoning

Kalamata Olives



Spinach & Rocket



Dill & Parsley Mayonnaise



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

Eat Me First



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.



# 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

3 3 3.			
	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	

<sup>\*</sup>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)	<b>527kJ</b> (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





# 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.



# Prep the veggies

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



#### 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.



# 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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate