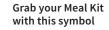


Greek Chicken & Potato-Olive Toss

with Green Beans, Baby Broccoli & Fetta

EXPLORER

BESTSELLER











Green Beans

Baby Broccoli

Red Onion





Kalamata Olives

Lemon





Seasoning

Chicken Tenderloins





Baby Spinach Leaves

Fetta Cubes



Mayonnaise

Prep in: 30-40 mins Ready in: 35-45 mins

Eat Me First



The Greeks certainly know how to capture the beautiful flavours of the Mediterranean. We've taken their lead by coating succulent chicken in our garlic and herb seasoning, then teaming it with a veggie-loaded potato salad - complete with briney olives and creamy, slightly tangy fetta.

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

Medium saucepan · Large frying pan

Ingredients

| ingi calcino | | | | |
|----------------------------|-----------------|--------------------------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| potato | 2 | 4 | | |
| salt* | 1/4 tsp | ½ tsp | | |
| green beans | 1 medium bag | 2 medium bags | | |
| baby broccoli | 1 bunch | 2 bunches | | |
| red onion | 1/4 | 1/2 | | |
| kalamata olives | 1 packet | 2 packets | | |
| lemon | 1/2 | 1 | | |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet | | |
| chicken tenderloins | 1 small packet | 2 small packets OR 1 large packet | | |
| baby spinach leaves | 1 small bag | 1 medium bag | | |
| fetta cubes | 1 medium packet | 1 large packet | | |
| mayonnaise | 1 medium packet | 1 large packet | | |
| barramundi** | 1 small packet | 2 small packets OR 1 large packet | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2190kJ (523Cal) | 325kJ (78Cal) |
| Protein (g) | 50.2g | 7.4g |
| Fat, total (g) | 20.2g | 3g |
| - saturated (g) | 4g | 0.6g |
| Carbohydrate (g) | 33.2g | 4.9g |
| - sugars (g) | 10.4g | 1.5g |
| Sodium (mg) | 1371mg | 203mg |

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The quantities provided above are averages only.

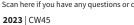
Allergens

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





Cook the potato

- Boil the kettle. Peel potato and cut into large chunks.
- Half-fill a medium saucepan with boiling water and the salt.
- · Cook **potato** in the boiling water, over high heat, until easily pierced with fork, 12-15 minutes. Drain and return to saucepan.



Get prepped

- · Trim and halve green beans.
- · Trim and roughly chop baby broccoli.
- Finely chop red onion (see ingredients).
- · Roughly chop kalamata olives.
- · Zest lemon and slice into wedges.

TIP: If you don't like raw onion in salads, feel free to leave it out!



Prep the chicken

• In a medium bowl, combine lemon zest, garlic & herb seasoning and a drizzle of olive oil. Add chicken tenderloins, tossing to coat.

Custom Recipe: If you've upgraded to barramundi, season barramundi on both sides, then flavour as above.



Cook the chicken & greens

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- · Cook green beans and baby broccoli, tossing, until tender, **4-6 minutes**. Transfer to saucepan with the potato.
- Return frying pan to medium-high heat with a drizzle of olive oil.
- · Cook chicken tenderloins until browned and cooked through, 3-4 minutes each side.

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

Custom Recipe: Prepare frying pan as above. Cook barramundi until cooked through, 3-4 minutes each side (depending on thickness). Barramundi is cooked through when it turns from translucent to white.



Make the potato salad

- To the saucepan with the potato, add baby spinach leaves, olives and onion (use less if desired!).
- Drizzle with olive oil, then add a generous squeeze of lemon juice. Crumble in fetta cubes.
- · Gently toss to combine. Season to taste.



Serve up

- Divide potato-olive toss between plates.
- · Top with Greek chicken.
- Serve with **mayonnaise** and any remaining lemon wedges. Enjoy!

Custom Recipe: Top the potato-olive toss with Greek barramundi.



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

