



Greek Chicken & Potato-Olive Toss

with Green Beans, Baby Broccoli & Fetta

EXPLORER

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Green Beans



Baby Broccoli



Red Onion



Kalamata Olives



Lemon



Garlic & Herb Seasoning



Chicken Tenderloins



Baby Spinach Leaves



Fetta Cubes



Mayonnaise



Barramundi

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

Carb Smart

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 briny olives and creamy, slightly tangy fetta.

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
salt*	¼ tsp	½ tsp
green beans	1 medium bag	2 medium bags
baby broccoli	1 bunch	2 bunches
red onion	¼	½
kalamata olives	1 packet	2 packets
lemon	½	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

Custom Recipe

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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.



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.



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!



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.



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.



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.

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate