



Greek Chicken & Potato-Olive Salad

with Green Beans & Crumbled Fetta

EXPLORER

Grab your Meal Kit with this symbol



Green Beans



Chopped Potato



Lemon



Kalamata Olives



Red Onion



Chicken Tenderloins



Garlic & Herb Seasoning



Baby Spinach Leaves



Fetta Cubes



Mayonnaise



Salmon

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart*
**Custom Recipe is not 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 Carb Smart 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
green beans	1 medium bag	2 medium bags
chopped potato	1 medium bag	1 large bag
lemon	½	1
kalamata olives	1 packet	2 packets
red onion	¼	½
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
fetta cubes	1 medium packet	1 large packet
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)	2197kJ (525Cal)	376kJ (90Cal)
Protein (g)	47.5g	8.1g
Fat, total (g)	20g	3.4g
- saturated (g)	4g	0.7g
Carbohydrate (g)	36g	6.2g
- sugars (g)	6.9g	1.2g
Sodium (mg)	1110mg	190mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2740kJ (655Cal)	490kJ (117Cal)
Protein (g)	39.4g	7g
Fat, total (g)	37.8g	6.8g
- saturated (g)	6.8g	1.2g
Carbohydrate (g)	37.1g	6.6g
- sugars (g)	6.9g	1.2g
Sodium (mg)	1096mg	196mg

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



Start the potato salad

- Boil the kettle. Trim and roughly chop **green beans**. Half-fill a medium saucepan with boiling water and add a generous pinch of **salt**.
- Cook **chopped potato** in the boiling water, over high heat, until easily pierced with fork, **12-15 minutes**.
- When potatoes have **5 minutes** remaining, add **green beans** to the saucepan and cook until tender. Drain and return veggies to saucepan. Set aside.

3



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **chicken tenderloins** and **garlic & herb seasoning** to the pan, tossing **chicken** to coat. Cook **chicken** until cooked through (when no longer pink inside), **3-6 minutes** each side.

Custom Recipe: If you've swapped to salmon, heat pan as above. Pat salmon dry with paper towel (this helps the skin crisp up in the pan) and season with garlic & herb seasoning on both sides. When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side.

2



Get prepped

- Meanwhile, slice **lemon** into wedges.
- Roughly chop **kalamata olives**.
- Finely chop **red onion** (see ingredients).

4



Finish the potato salad & serve up

- While chicken is cooking, to saucepan with potato and green beans, add **baby spinach leaves**, olives, onion, a good squeeze of lemon juice and a drizzle of olive oil. Crumble in **fetta cubes**. Toss to combine. Season to taste.
- Divide Greek chicken and potato salad between plates. Serve with **mayonnaise** and any remaining lemon wedges. Enjoy!

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

Rate your recipe

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