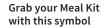


Mediterranean Chicken & Veggie-Olive Toss

with Green Dressing, Yoghurt & Flaked Almonds

MEDITERRANEAN









Sweet Potato, Carrot & Zucchini Mix

Kalamata Olives





Chicken Breast

Garlic Paste





Tomato & Herb Seasoning

Baby Spinach Leaves





Flaked Almonds

Green Dressing



Greek-Style Yoghurt





Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me First



With herby chicken steaks, an olive-studded roast veggie toss with flaked almonds and Greek-style yoghurt for some crunch and coolness, we've got Mediterranean night sorted!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato, carrot & zucchini mix	1 medium bag	1 large bag		
kalamata olives	1 packet	2 packets		
chicken breast	1 small packet	2 small packets OR 1 large packet		
garlic paste	1 packet	2 packets		
tomato & herb seasoning	1 sachet	2 sachets		
baby spinach leaves	1 medium bag	1 large bag		
vinegar* (white wine or balsamic)	drizzle	drizzle		
green dressing	1 medium packet	1 large packet		
flaked almonds	1 medium packet	1 large packet		
Greek-style yoghurt	1 medium packet	1 large packet		
prawns**	1 packet (200g)	2 packets (400g)		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2044kJ (489Cal)	309kJ (74Cal)
Protein (g)	45.4g	6.9g
Fat, total (g)	17.3g	2.6g
- saturated (g)	3.6g	0.5g
Carbohydrate (g)	35.7g	5.4g
- sugars (g)	19.9g	3g
Sodium (mg)	1494mg	226mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1565kJ (374Cal)	262kJ (63Cal)
Protein (g)	25.5g	4.3g
Fat, total (g)	13.5g	2.3g
- saturated (g)	2.3g	0.4g
Carbohydrate (g)	35.7g	6g
- sugars (g)	19.9g	3.3g
Sodium (mg)	2066mg	346mg

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 veggies

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

TIP: If your oven tray is crowded, divide the veggies between two trays.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook chicken until cooked through, 3-6 minutes each side (cook in batches
 if your pan is getting crowded).
- Meanwhile, to the tray with roasted veggies, add baby spinach leaves, olives and a drizzle of the vinegar. Toss to combine. Season to taste.

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

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.



Get prepped

- Meanwhile, roughly chop kalamata olives.
- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine garlic paste, tomato & herb seasoning and a drizzle of olive oil. Add chicken, turning to coat.

Custom Recipe: If you've upgraded to prawns, coat prawns in the same way as the chicken breast.



Serve up

- Slice Mediterranean chicken.
- Divide veggie-olive toss between bowls. Top with chicken.
- Drizzle with green dressing. Sprinkle with flaked almonds.
- Top with Greek-style yoghurt to serve. Enjoy!

Rate your recipe

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