



Mediterranean Chicken & Veggie-Olive Toss

with Green Dressing, Yoghurt & Flaked Almonds

MEDITERRANEAN

Grab your Meal Kit with this symbol



Sweet Potato, Carrot & Zucchini Mix



Kalamata Olives



Chicken Breast



Garlic Paste



Tomato & Herb Seasoning



Baby Spinach Leaves



Green Dressing



Flaked Almonds



Greek-Style Yoghurt



Prawns

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

Carb Smart

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!

Eat Me First

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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



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1



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.

3



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.

2



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.

4



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

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