



Greek-Style Chicken & Tomato-Olive Salad

with Roast Potatoes & Dill Parsley Mayo

NEW

Grab your Meal Kit with this symbol



Potato



Snacking Tomatoes



Cucumber



Lemon



Lemon Pepper Seasoning



Chicken Tenderloins



Kalamata Olives



Spinach & Rocket Mix

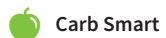


Dill & Parsley Mayonnaise



Salmon

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



Carb Smart



Eat Me First*

*Custom Recipe only

The Mediterranean is calling! Juicy olives, a bright garden salad and lemon pepper chicken are all at the ready to bring the Mediterranean flavours that we all know and love right onto your plate.

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
snacking tomatoes	1 punnet	2 punnets
cucumber	1	2
lemon	½	1
lemon pepper seasoning	1 medium sachet	2 medium sachets
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
kalamata olives	1 packet	2 packets
spinach & rocket mix	1 small bag	1 medium bag
dill & parsley 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)	2158kJ (516Cal)	335kJ (80Cal)
Protein (g)	43.9g	6.8g
Fat, total (g)	23.6g	3.7g
- saturated (g)	2.6g	0.4g
Carbohydrate (g)	29.1g	4.5g
- sugars (g)	7.8g	1.2g
Sodium (mg)	776mg	120mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2700kJ (645Cal)	436kJ (104Cal)
Protein (g)	35.9g	5.8g
Fat, total (g)	41.4g	6.7g
- saturated (g)	5.4g	0.9g
Carbohydrate (g)	30.3g	4.9g
- sugars (g)	7.8g	1.3g
Sodium (mg)	762mg	123mg

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



Roast the potatoes

- Preheat oven to **240°C/220°C fan forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray with a drizzle of **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

3



Cook the chicken

- In a large bowl, combine **lemon pepper seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **chicken tenderloins**, tun to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken tenderloins** until browned and cooked through, **3-4 minutes** each side.

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

Custom Recipe: If you've upgraded to salmon, pat salmon dry with paper towel (this helps the salmon crisp up in the pan!) and coat salmon as above. In a large frying pan, heat a drizzle of olive oil over medium-high heat. When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side.

2



Get prepped

- While the potato is roasting, halve **snacking tomatoes**.
- Slice **cucumber** into half-moons.
- Slice **lemon** into wedges.

4



Serve up

- Meanwhile, in a medium bowl, combine tomatoes, cucumber, **kalamata olives** and **spinach & rocket mix**. Add a squeeze of **lemon juice** and a drizzle of olive oil. Season and toss to coat.
- Divide chicken, potatoes and salad between plates. Serve with remaining lemon wedges and **dill & parsley mayonnaise**. Enjoy!

Custom Recipe: Divide salmon between plates.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate