



Easy Lemon Chicken & Tomato-Olive Salad

with Roast Sweet Potatoes & Dill-Parsley Mayo

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Snacking Tomatoes



Cucumber



Lemon



Chicken Tenderloins



Lemon Pepper Seasoning



Kalamata Olives



Spinach & Rocket Mix



Dill & Parsley Mayonnaise



Salmon

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

Calorie Reduced*
**Custom recipe is not Calorie Reduced*

Eat Me First

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 |
| sweet potato | 2 | 4 |
| snacking tomatoes | 1 medium packet | 2 medium packets |
| cucumber | 1 | 2 |
| lemon | ½ | 1 |
| chicken tenderloins | 1 medium packet | 2 medium packets OR 1 large packet |
| lemon pepper seasoning | 1 medium sachet | 2 medium sachets |
| kalamata olives | 1 packet | 2 packets |
| spinach & rocket mix | 1 small packet | 1 medium packet |
| dill & parsley mayonnaise | 1 medium packet | 1 large packet |
| salmon** | 1 medium packet | 2 medium packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2251kJ (538Cal) | 350kJ (84Cal) |
| Protein (g) | 43.1g | 6.7g |
| Fat, total (g) | 23.8g | 3.7g |
| - saturated (g) | 2.7g | 0.4g |
| Carbohydrate (g) | 36g | 5.6g |
| - sugars (g) | 15.8g | 2.5g |
| Sodium (mg) | 785mg | 122mg |
| Dietary Fibre (g) | 9.7g | 1.5g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2792kJ (667Cal) | 451kJ (108Cal) |
| Protein (g) | 35.1g | 5.7g |
| Fat, total (g) | 41.6g | 6.7g |
| - saturated (g) | 5.5g | 0.9g |
| Carbohydrate (g) | 37.1g | 6g |
| - sugars (g) | 15.8g | 2.6g |
| Sodium (mg) | 772mg | 125mg |
| Dietary Fibre | 9.5g | 1.5g |

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 sweet potato chunks

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

3



Cook the chicken

- In a large bowl, combine **chicken tenderloins**, **lemon pepper seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- 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 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 sweet potato is roasting, halve **snacking tomatoes**.
- Slice **cucumber** into half-moons.
- Slice **lemon** into wedges.

4



Serve up

- Meanwhile, in a large 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, sweet potatoes and salad between plates. Serve with remaining lemon wedges and **dill & parsley mayonnaise**. Enjoy!

Custom Recipe: Divide salmon, sweet potatoes and salad between plates as above.

Rate your recipe

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