



Garlic Chicken & Veggie-Olive Toss

with Green Dressing, Yoghurt & Almonds

MEDITERRANEAN

Grab your meal kit with this number

5



Sweet Potato



Red Onion



Carrot & Zucchini Mix



Kalamata Olives



Snacking Tomatoes



Chicken Breast



Garlic Paste



Garlic & Herb Seasoning



Baby Spinach Leaves



Green Dressing



Flaked Almonds



Greek-Style Yoghurt



Peeled Prawns



Chicken Breast

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

Calorie Reduced

Eat Me First

Herby chicken steaks and an olive-studded roast veggie toss pair with flaked almonds and Greek-style yoghurt for some crunch and coolness. Looks like we've got Mediterranean night sorted!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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	1	2
red onion	½	1
carrot & zucchini mix	1 medium packet	1 large packet
kalamata olives	1 packet	2 packets
snacking tomatoes	½ medium packet	1 medium packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
baby spinach leaves	1 medium packet	1 large packet
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2211kJ (528Cal)	295kJ (71Cal)
Protein (g)	47.9g	6.4g
Fat, total (g)	20.1g	2.7g
- saturated (g)	3.7g	0.5g
Carbohydrate (g)	37.7g	5g
- sugars (g)	21.8g	2.9g
Sodium (mg)	1039mg	139mg
Dietary Fibre (g)	13.1g	1.7g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into bite-sized chunks. Peel and cut **red onion** (see ingredients) into wedges.
- Place **sweet potato**, **red onion** and **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

- When the veggies have **10 minutes** remaining, 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).

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

2



Get prepped

- Meanwhile, roughly chop **kalamata olives**. Halve **snacking tomatoes** (see ingredients). Set aside.
- 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**, **garlic & herb seasoning**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Add **chicken**, turning to coat.

4



Serve up

- Add **baby spinach leaves**, olives, snacking tomatoes and a drizzle of **vinegar** to the tray with roasted veggies. Toss to combine. Season to taste.
- Slice garlic chicken.
- Divide roast veggie toss between bowls. Top with chicken.
- Drizzle **green dressing** over chicken. Sprinkle with **flaked almonds**.
- Top with a dollop of **Greek-style yoghurt** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



CUSTOM OPTIONS



SWAP TO PEELLED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.



DOUBLE CHICKEN BREAST

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

