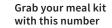


Garlic Chicken & Veggie-Olive Toss with Green Dressing, Yoghurt & Almonds

MEDITERRANEAN







Sweet Potato





Carrot & Zucchini



Kalamata Olives



Snacking Tomatoes







Garlic Paste



Baby Spinach



Green Dressing



Flaked Almonds







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

Eat Me First



Calorie Reduced

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

9.			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	1	2	
red onion	1/2	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.



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.



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.

up, 3-4 minutes.



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.



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!



