

Greek-Style Salad

with Fetta & Balsamic Vinaigrette

Grab your meal kit
with this letter

A



Cucumber



Tomato



Capsicum



Red Onion



Kalamata Olives



Balsamic Vinaigrette
Dressing



Dried Oregano



Fetta Cubes

Prep in: **15 mins**
Ready in: **25 mins**

Forget the boring side salad! This bright and flavourful combo of juicy tomato, crunchy capsicum and cucumber, creamy feta and delicious kalamata olives will bring an explosion of exciting and bold flavours to your table.

Pantry items

Olive Oil, White Wine Vinegar

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.

Ingredients

	2 People
olive oil*	refer to method
cucumber	1
tomato	1
capsicum	1
red onion	½
white wine vinegar*	1 tbs
kalamata olives	1 packet
balsamic vinaigrette dressing	1 packet
dried oregano	1 medium sachet
fetta cubes	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	898kJ (214Cal)	303kJ (72Cal)
Protein (g)	4.9g	1.7g
Fat, total (g)	16.5g	5.6g
- saturated (g)	3.6g	1.2g
Carbohydrate (g)	11g	3.7g
- sugars (g)	10.1g	3.4g
Sodium (mg)	674mg	227mg
Dietary Fibre (g)	4.7g	1.6g

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.



Get prepped

- Slice **cucumber** into thin half-moons. Cut **tomato** into thin wedges. Thinly slice **capsicum** and **red onion** (see ingredients).



Toss the salad

- Drain **pickled onion**.
- To a large bowl, add **cucumber, capsicum, tomato, kalamata olives, pickled onion, balsamic vinaigrette dressing** and **dried oregano**.
- Toss to coat and season to taste.

TIP: *Kalamata olives have a strong flavour – add less if desired.*



Pickle the onion

- In a small microwave-safe bowl, combine **onion**, the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Microwave **onion** for **30 second** bursts, until softened. Set aside.



Serve up

- Divide Greek-style salad between bowls. Crumble over **fetta cubes**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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