

Zesty Chicken & Haloumi Pita Pockets

with Fries, Olive Salad & Garlic Sauce

STREET FOOD

Grab your meal kit with this number

23



Haloumi



Potato



Cucumber



Tomato



Parsley



Kalamata Olives



Onion



Chicken Thigh



Lemon Pepper Seasoning



Pita Bread



Garlic Aioli

Prep in: **20-30 mins**
Ready in: **35-45 mins**

 Eat Me Early

Reporting live, where these pita pockets are about to change your life forever! With lemon pepper chicken, olive salad and squeaky haloumi, you'll get to devour a delicious Greek-style meal that calls for zero cutlery. These pita pockets will go down like a treat!

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.

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 |
| haloumi | 1 packet | 2 packets |
| potato | 2 | 4 |
| cucumber | 1 | 2 |
| tomato | 1 | 2 |
| parsley | 1 packet | 1 packet |
| kalamata olives | 1 packet | 2 packets |
| onion | ½ | 1 |
| chicken thigh | 1 medium packet | 2 medium packets OR 1 large packet |
| lemon pepper seasoning | 1 sachet | 2 sachets |
| white wine vinegar* | 1 tbs | 2 tbs |
| pita bread | 2 | 4 |
| garlic aioli | 1 large packet | 2 large packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|------------------|---------------|
| Energy (kJ) | 5383kJ (1286cal) | 355kJ (85cal) |
| Protein (g) | 64.5g | 4.2g |
| Fat, total (g) | 73.2g | 4.8g |
| - saturated (g) | 21.1g | 1.4g |
| Carbohydrate (g) | 86.3g | 5.7g |
| - sugars (g) | 22.4g | 1.5g |
| Sodium (mg) | 2465mg | 162.4mg |
| Dietary Fibre (g) | 10.6g | 0.7g |

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- To a medium bowl, add **haloumi** and cover with **water** to soak.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

4



Cook the chicken & haloumi

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken strips** until browned and cooked through, **3-4 minutes** each side.
- Transfer to a plate, season to taste and cover to keep warm.
- Drain **haloumi** and pat dry. Cut **haloumi** into 1cm-thick slices.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **haloumi** until golden brown, **1-2 minutes** each side.

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

2



Get prepped

- Meanwhile, thinly slice **cucumber** into half-moons.
- Slice **tomato** into thin wedges.
- Roughly chop **parsley** and **kalamata olives** (if preferred).
- Thinly slice **red onion** (see ingredients).
- Cut **chicken thigh** into 1cm-thick strips.
- In a medium bowl, combine **lemon pepper seasoning**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken strips**, tossing to coat.

5



Toss the salad

- While haloumi is cooking, to bowl with pickled onion, add **cucumber**, **tomato**, **olives**, **parsley** and a drizzle of **olive oil**. Toss to combine.

TIP: Kalamata olives are strong in flavour - add less if desired!

3



Pickle the onion

- In a medium 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.

6



Serve up

- Microwave **pita pockets** on a plate for **1 minute**, until warmed through.
- Halve pita then gently open up pocket and spread with **garlic aioli**.
- Fill with olive salad, some zesty chicken, fries and haloumi. Serve with any remaining chicken, fries and salad. Enjoy!

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