

FETTA & CHICKEN SALAD

with Charred Peaches & Almonds



Say hello to a new salad that will quickly turn into a seasonal favourite. Bringing together the best of summer, this dish

peaches. With golden chicken breast and crunchy almonds, this meal will show you salads in a whole new light.

combines fresh greens, juicy cherry tomatoes and creamy fetta with an extra-special star ingredient – sweet caramelised



Caramelise peaches





Green Beans





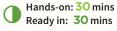
Cherry Tomatoes

Chicken Breast



Roasted Almonds

Pantry Staples: Olive Oil, Plain Flour (or Gluten-Free Plain Flour), Balsamic Vinegar, Honey







Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use: large frying pan



GET PREPPED Slice the **yellow peach** into 1cm wedges. Trim the **green beans** then slice into thirds. Cut the **cherry tomatoes** in half. Place the **chicken breast** between two sheets of plastic wrap and pound with a meat mallet or rolling pin until 1cm thick. In a large bowl, combine the plain flour with a generous pinch of salt and **pepper**.



COOK THE PEACHES In a large frying pan, heat a **drizzle** of olive oil over a medium-high heat. Once hot, add the **peach** slices in a single layer and cook for 3-5 minutes on each side, or until golden. Transfer to a plate.



FRY THE CHICKEN Add the **chicken** to the **seasoned flour** and toss to coat. Return the pan to a mediumhigh heat with a **drizzle** of **olive oil**. Once hot, add the chicken and cook for 3-4 minutes on each side or until golden brown and cooked through. Transfer to a plate to rest.



COOK THE BEANS & ALMONDS Return the pan to a medium-high heat with a drizzle of olive oil, if needed. Add the green beans and roasted almonds and cook for 3 minutes, or until the beans are tender. Set aside.



ASSEMBLE THE SALAD While the beans are cooking, combine the balsamic vinegar, honey and olive oil (1 1/2 tbs for 2 people / 3 tbs for 4 people) in a large bowl with a pinch of salt and pepper. Add the mixed salad leaves, cherry tomatoes, green beans, roasted almonds, 1/2 the peaches and crumble in 1/2 the fetta. Toss the salad together.



SERVE UP Thinly slice the chicken. Divide the salad between bowls and top with the remaining peaches and fetta. Top with the sliced chicken.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
yellow peach	1	2
green beans	1 bag (100 g)	1 bag (200 g)
cherry tomatoes	1 punnet	2 punnets
chicken breast	1 packet	1 packet
<pre>plain flour*(or gluten-free plain flour)</pre>	1 tbs	2 tbs
roasted almonds	1 packet	2 packets
balsamic vinegar*	1 tbs	2 tbs
honey*	1 tsp	2 tsp
mixed salad leaves	1 bag (90 g)	1 bag (180 g)
fetta	1 block (50 g)	1 block (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2380kJ (568Cal)	460kJ (110Cal)
Protein (g)	48.3g	9.3g
Fat, total (g)	32.9g	6.4g
- saturated (g)	8.9g	1.7g
Carbohydrate (g)	16.5g	3.2g
- sugars (g)	11.2g	2.2g
Sodium (g)	397mg	77mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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