



FETTA & CHICKEN SALAD

with Charred Peaches & Almonds



Caramalise peaches



Yellow Peach



Green Beans



Cherry Tomatoes



Chicken Breast



Roasted Almonds



Mixed Salad Leaves



Fetta

Hands-on: **30 mins**
Ready in: **30 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Say hello to a new salad that will quickly turn into a seasonal favourite. Bringing together the best of summer, this dish combines fresh greens, juicy cherry tomatoes and creamy fetta with an extra-special star ingredient – sweet caramelised peaches. With golden chicken breast and crunchy almonds, this meal will show you salads in a whole new light.

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

BEFORE YOU START

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

- **large frying pan**



1 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**.



2 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.



3 FRY THE CHICKEN

Add the **chicken** to the **seasoned flour** and toss to coat. Return the pan to a medium-high 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.



4 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.



5 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.



6 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!

2 | 4 PEOPLE 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 |
| plain flour* (or gluten-free plain flour) | 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](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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