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## Garlic Chicken with Fattoush Salad & Dill Mayonnaise

We love fattoush; that Middle Eastern panzanella style salad studded with crispy shards of Lebanese bread. There's nothing quite like it. Garlicky chicken is topped off with this incredible dill and parsley mayonnaise – you won't know which bit to eat first!

**Prep:** 15 mins  
**Cook:** 15 mins  
**Total:** 30 mins

**level 1**

**eat me first**

**lactose free**

### Pantry Items

- Olive Oil
- Red Wine Vinegar

- Wholemeal Lebanese Bread
- Dill & Parsley Mayonnaise
- Lemon
- Roma Tomato
- Kalamata Olives
- Cucumber
- Red Onion
- Free Range Chicken Breast
- Garlic

2P	4P	Ingredients
1	2	wholemeal Lebanese bread, sliced into 2 cm squares
2 tbs	4 tbs	olive oil *
1 tub	2 tubs	dill & parsley mayonnaise
½	1	lemon, sliced into wedges
1	2	roma tomato, diced
1 tub	2 tubs	kalamata olives halved (check for pits)
1	2	cucumber, sliced into half moons
¼	½	red onion, thinly sliced
1 tsp	2 tsp	red wine vinegar *
2 fillets	4 fillets	free range chicken breast, sliced in half horizontally
1 clove	2 cloves	garlic, peeled & crushed

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3340	Kj
Protein	46.4	g
Fat, total	47	g
-saturated	8.1	g
Carbohydrate	47.1	g
-sugars	9.7	g
Sodium	810	mg



**You will need:** *chef's knife, chopping board, garlic crusher, oven tray lined with baking paper, small bowl, medium bowl, small jug, whisk or fork, large frying pan and tongs.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Place the **wholemeal Lebanese bread** squares on the prepared oven tray and spray or drizzle with a dash of **olive oil**. Cook in the oven for **5 minutes**, or until crispy. Set aside.



**3** Meanwhile, in a small bowl mix the **dill & parsley mayonnaise** and juice from half the **lemon** wedges until the mayonnaise reaches a slightly runny consistency. Season to taste with **salt** and **pepper** and set aside.



**4** Combine the **roma tomato**, **kalamata olives**, **cucumber**, **red onion** and the cooked Lebanese bread in a medium bowl. Whisk the **red wine vinegar** and the remaining olive oil in a small jug and season to taste with salt and pepper. Pour the dressing over the salad. Set aside.



**5** In a large bowl rub the **chicken breasts** with 2 teaspoons of the olive oil, the **garlic**, and some salt and pepper until well coated. Heat a large frying pan or grill pan over a medium-high heat. Add the chicken and cook for **4-5 minutes** on each side, or until cooked through.

**6** To serve, divide dressed salad and remaining lemon wedges between plates and top with the cooked chicken. Drizzle with the dill & parsley mayonnaise. Enjoy!

**Did you know?** Dill is a rich source of dietary fibers, vitamins C, B9 and B2 and minerals such as manganese, iron and calcium.