



Greek-Style Chicken & Semi-Dried Tomato Salad

with Garlic Sauce & Fetta

MEDITERRANEAN

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Tomato



Cucumber



Semi-Dried Tomatoes



Chicken Tenderloins



Garlic & Herb Seasoning



Roasted Almonds



Salad Leaves



Fetta Cubes



Garlic Sauce



Beef Rump

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart

Eat Me Early

We love a salad studded with juicy tomatoes, fresh cucumber and crisp potato. There's nothing quite like it. Garlicky Greek chicken is topped off with creamy fetta and an incredible garlic sauce - you won't know which bit to eat first!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

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
potato	1	2
tomato	1	2
cucumber	1	2
semi-dried tomatoes	1 packet	2 packets
chicken tenderloins	1 small packet	1 large packet
garlic & herb seasoning	1 medium sachet	2 medium sachets
honey*	1 tsp	2 tsp
roasted almonds	1 medium packet	1 large packet
salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
fetta cubes	1 medium packet	1 large packet
garlic sauce	1 medium packet	2 medium packets
beef rump**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2180kJ (521Cal)	442kJ (106Cal)
Protein (g)	47.1g	9.5g
Fat, total (g)	25.4g	5.2g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	25.1g	5.1g
- sugars (g)	10.4g	2.1g
Sodium (mg)	867mg	176mg
Dietary Fibre (g)	10.9g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2142kJ (512Cal)	448kJ (107Cal)
Protein (g)	41.1g	8.6g
Fat, total (g)	27.2g	5.7g
- saturated (g)	4.8g	1g
Carbohydrate (g)	25.1g	5.2g
- sugars (g)	10.4g	2.2g
Sodium (mg)	871mg	182mg
Dietary Fibre (g)	10.7g	2.2g

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



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned and cooked through (when no longer pink inside), **3-4 minutes** each side.
- Remove pan from heat, add the **honey** to coat.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook the beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Remove pan from heat and add honey, toss to coat. Transfer to a plate to rest.



Get prepped

- Meanwhile, roughly chop **tomato**, **cucumber** and **semi-dried tomatoes**.



Bring it all together

- Meanwhile, roughly chop **roasted almonds**.
- In a large bowl, combine **salad leaves**, **tomato**, **cucumber**, **semi-dried tomatoes** and **roasted potato**. Add a drizzle of **olive oil** and **white wine vinegar**. Season to taste.



Prep the chicken

- In a medium bowl, combine **chicken tenderloins**, **garlic & herb seasoning**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**.

Custom Recipe: If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened (this ensures it's extra tender once cooked). Combine beef with seasoning as above.



Serve up

- Divide semi-dried tomato salad between plates. Top with Greek-style chicken and crumble over **fetta cubes**.
- Drizzle over **garlic sauce**. Sprinkle with roasted almonds to serve. Enjoy!

Custom Recipe: Slice steak to serve.

Rate your recipe

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