

Greek Chicken & Potato Salad

with Kalamata Olives

Grab your Meal Kit with this symbol



Lemon



Garlic & Herb Seasoning



Chicken Breast



Potato



Green Beans



Kalamata Olives



Red Onion (Optional)



Baby Spinach Leaves



Fetta Cubes



Mayonnaise



Salmon

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Calorie Smart[^]

Eat Me First*
**Custom recipe only*

The Greeks certainly know how to capture the beautiful flavours of the Mediterranean. We've taken their lead by coating succulent chicken in a tasty garlicky seasoning, then teaming it with a crisp salad with juicy olives and creamy fetta.

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

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
garlic & herb seasoning	1 sachet	2 sachets
chicken breast	1 small packet	1 large packet
potato	2	4
green beans	1 small bag (100g)	1 medium bag (200g)
kalamata olives	1 packet	2 packets
red onion (optional)	¼	½
baby spinach leaves	1 small bag (30g)	1 medium bag (60g)
salt*	¼ tsp	½ tsp
fetta cubes	1 small packet	1 medium packet
mayonnaise	1 packet (40g)	1 packet (100g)
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2115kJ (505Cal)	411kJ (98Cal)
Protein (g)	45.2g	8.8g
Fat, total (g)	20.1g	3.9g
- saturated (g)	4g	0.8g
Carbohydrate (g)	32.6g	6.3g
- sugars (g)	7.3g	1.4g
Sodium (mg)	1341mg	261mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2765kJ (660Cal)	559kJ (133Cal)
Protein (g)	38.2g	7.7g
Fat, total (g)	40.9g	8.3g
- saturated (g)	8.5g	1.7g
Carbohydrate (g)	31.8g	6.4g
- sugars (g)	6.5g	1.3g
Sodium (mg)	1321mg	267mg

The quantities provided above are averages only.

[^]Custom recipe is not calorie smart.

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Flavour the chicken

Bring a medium saucepan of salted water to the boil. Zest the **lemon** (see ingredients) to get a generous pinch, then slice into wedges. In a medium bowl, combine the **lemon zest, garlic & herb seasoning** and a drizzle of **olive oil**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally and make two thin steaks. Add the **chicken** to the bowl and toss to coat. Set aside.

CUSTOM RECIPE

If you've upgraded to salmon, pat the salmon dry and add it to the bowl with the lemon zest, garlic & herb seasoning and oil. Turn to coat.



Cook the chicken

Heat a large frying pan over a medium-high heat. Cook the **chicken** (in batches if your pan is getting crowded) until cooked through, **3-5 minutes** each side (depending on thickness).

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

CUSTOM RECIPE

Heat the pan as above. Cook the salmon, skin-side down, until just cooked through, 2-4 minutes each side.



Cook the potato & green beans

Chop the **potato** into bite-sized chunks. Trim and halve the **green beans**. Cook the **potato** in the boiling water until nearly tender, **8-10 minutes**. When the potatoes have **4 minutes** remaining, add the **green beans**. Drain and return the **potato** and **green beans** to the saucepan. Set aside.



Prep the salad

While the potato is cooking, roughly chop the **kalamata olives**. Finely chop the **red onion** (see ingredients). Roughly chop the **baby spinach leaves**.

TIP: If you don't like raw red onion, leave it out!



Make the potato salad

While the chicken is cooking, add the **baby spinach**, a generous squeeze of **lemon juice**, the **olives, onion**, the **salt** and a drizzle of **olive oil** to the **potato** and **green beans**. Crumble in the **fetta cubes**. Toss to combine.



Serve up

Divide the Greek chicken and potato salad between plates. Serve with the **mayonnaise** and any remaining lemon wedges.

Enjoy!

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