

Mediterranean Chicken & Roast Veggie Toss

Grab your Meal Kit with this symbol

with Kalamata Olives, Green Dressing, Yoghurt & Almonds

MEDITERRANEAN DIETITIAN APPROVED*



Pantry items Olive Oil, Vinegar (White Wine or Balsamic)

Prep in: 25-35 mins Ready in: 30-40 mins

1 Eat Me Early



*Custom Recipe is not Dietitian Approved.

Carb Smart

Herby chicken steaks, an olive-studded roast veggie toss with flaked almonds and Greek-style yoghurt for some crunch and coolness, we've got Mediterranean night sorted!

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

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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 \cdot Large frying pan

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
zucchini	1	2	
garlic	1 clove	2 cloves	
kalamata olives	1 packet	2 packets	
chicken breast	1 small packet	1 large packet	
Italian herbs	1 medium sachet	1 large sachet	
chilli flakes ∮ (optional)	pinch	pinch	
baby spinach leaves	1 medium bag	1 large bag	
vinegar* (white wine or balsamic)	drizzle	drizzle	
green dressing	1 medium packet	1 large packet	
flaked almonds	1 medium packet	1 large packet	
Greek-style yoghurt	1 medium packet	1 large packet	
haloumi**	1 packet	2 packets	
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Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1962kJ (469Cal)	371kJ (89Cal)
Protein (g)	42.8g	8.1g
Fat, total (g)	17g	3.2g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	34.8g	6.6g
- sugars (g)	16g	3g
Sodium (mg)	703mg	133mg
Dietary Fibre (g)	9.9g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2354kJ (563Cal)	519kJ (124Cal)
Protein (g)	26.7g	5.9g
Fat, total (g)	34.5g	7.6g
- saturated (g)	16.5g	3.6g
Carbohydrate (g)	36g	7.9g
- sugars (g)	16.9g	3.7g
Sodium (mg)	1650mg	364mg
Dietary Fibre (g)	9.7g	2.1g

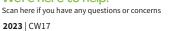
The quantities provided above are averages only. **Custom Recipe is not Dietitian Approved.*

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!





Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Cut **sweet potato** and **zucchini** into bite-sized chunks.

Custom Recipe: If you've swapped to haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water to soak.



Roast the veggies

- Place prepped veggies on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Roast until tender, 20-25 minutes.
- **TIP:** If your oven tray is crowded, divide the veggies between two trays.



Flavour the chicken

- Meanwhile, finely chop **garlic**. Roughly chop **kalamata olives**. Set aside.
- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine Italian herbs, 1/2 the garlic, a pinch of chilli flakes (if using), a pinch of salt and pepper and a drizzle of olive oil. Add chicken, turning to coat.

Custom Recipe: Drain haloumi and pat dry. Combine with Italian herbs as above, turning to coat.



Serve up

- Slice Mediterranean chicken.
- Divide roast veggie toss between bowls. Top with chicken.
- Drizzle green dressing over chicken.
- Sprinkle with **flaked almonds**. Top with a dollop of **Greek-style yoghurt** to serve. Enjoy!

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Cook the chicken

- In a large frying pan heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken** until cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).

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

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.



Bring it all together

- To the tray with roasted veggies, add **baby spinach**, **olives** and a drizzle of **vinegar**.
- Toss to combine. Season to taste.

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