



# Mediterranean Chicken & Roast Veggie Toss

with Kalamata Olives, Green Dressing, Yoghurt & Almonds

MEDITERRANEAN

DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Sweet Potato



Zucchini



Garlic



Kalamata Olives



Chicken Breast



Italian Herbs



Chilli Flakes (Optional)



Baby Spinach Leaves



Green Dressing



Flaked Almonds



Greek-Style Yoghurt



Haloumi

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



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 is not Dietitian Approved.



Eat Me Early

**CUSTOM RECIPE**

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

## Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## 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
<b>olive oil*</b>	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
<b>vinegar*</b> (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

\*Pantry Items \*\*Custom Recipe Ingredient

## 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.

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## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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



## 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.



## 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.



## 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.



## 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.



## 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!

## Rate your recipe

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