

## **GREEK CHICKEN & TZATZIKI**

with Roast Sweet Potato





Make your own tzatziki



Sweet Potato





Green Beans





Oregano



Chicken Breast

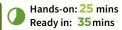


**Greek Spice** Blend



**Greek Yoghurt** 

Pantry Staples: Olive Oil









Add delectable Greek flavours to tender chicken breast and serve with a creamy tzatziki and colourful veggies for an array of flavours and textures. The little ones may want to turn this fun plate into a finger food feast, and we can't blame them!

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

• two oven trays lined with baking paper • large frying pan



Preheat the oven to 220°C/200°C fanforced. Cut the sweet potato (unpeeled) into 1cm chunks. Place the sweet potato, a drizzle of olive oil and a pinch of salt and pepper onto the oven tray lined with baking paper. Toss to coat, then roast for 20-25 minutes or until tender.



**2 GET PREPPED**While the sweet potato is roasting, finely dice the **cucumber**. Trim the **green beans**. Slice the **zucchini** into 1cm chunks. Pick the **oregano** leaves. Slice the **chicken breast** into 1cm strips.



COOK THE CHICKEN
In a large bowl, combine the salt, Greek
spice blend, chicken strips and a drizzle of
olive oil. In a large frying pan, heat a drizzle
of olive oil over a medium-high heat. When
the oil is hot, add 1/2 the chicken and cook for
4-5 minutes, turning regularly, until cooked
through. Transfer to a plate and repeat with
the remaining chicken.



MAKE THE TZATZIKI
In a small bowl, combine the cucumber,
Greek yoghurt and 2 tsp of water. Season
with a pinch of salt and pepper and stir to
combine. \*TIP: If you have fussy kids, leave
some of the yoghurt plain!



COOK THE VEGGIES
Once the chicken is done, wash out the large frying pan and return to a mediumhigh heat with a drizzle of olive oil. Add the green beans and zucchini and cook for 4-6 minutes or until tender. Add the oregano and cook for 1-2 minutes, or until fragrant. Season with a pinch of salt and pepper.



SERVE UP
Divide the Greek chicken, sweet potato and veggies between plates. Serve with dollops of the tzatziki.

\*TIP: For kids, follow our serving suggestion in the main photo!

**ENJOY!** 

## INGREDIENTS

	4-5P	
olive oil*	refer to method	
sweet potato	4	
cucumber	1	
green beans	1 bag (200 g)	
zucchini	1	
oregano	1 bunch	
chicken breast	1 packet	
salt*	½ tsp	
Greek spice blend	2 sachets	
Greek yoghurt	<b>2 tubs</b> (200 g)	

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1970kJ (470Cal)	342kJ (82Cal)
Protein (g)	46.2g	8.0g
Fat, total (g)	13.0g	2.3g
saturated (g)	4.6g	0.8g
Carbohydrate (g)	37.5g	6.5g
- sugars (g)	17.8g	3.1g
Sodium (g)	534mg	93mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo** 

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