



# GREEK CHICKEN & TZATZIKI

with Roast Sweet Potato



Make your own tzatziki



Sweet Potato



Cucumber



Green Beans



Zucchini



Oregano



Chicken Breast



Greek Spice Blend



Greek Yoghurt

Hands-on: 25 mins  
Ready in: 35 mins

Low calorie

Eat me early

Naturally gluten-free  
*Not suitable for Coeliacs*

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!

**Pantry Staples:** Olive Oil



## BEFORE YOU START

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**



### 1 ROAST THE SWEET POTATO

Preheat the oven to **220°C/200°C fan-forced**. 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.



### 3 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.



### 4 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!*



### 5 COOK THE VEGGIES

Once the chicken is done, wash out the large frying pan and return to a medium-high 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**.



### 6 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!

## 4-5 PEOPLE 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	2 tubs (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](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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