



# GREEK-STYLE CHICKEN

with Pita Bread Salad & Dill Parsley Mayo



Add crunch to a salad with crisp pita bread!



Lemon



Garlic



Chicken Breast



Pita Pockets



Dill & Parsley Mayonnaise



Roasted Almonds



Tomato



Cucumber



Mixed Salad Leaves



Hands-on: **15** mins  
Ready in: **30** mins



Eat me early

We love a salad studded with shards of pita bread and crunchy almonds. There's nothing quite like it. Garlicky Greek chicken is topped off with this incredible dill and parsley mayonnaise - you won't know which bit to eat first!

**Pantry Staples:** Olive Oil, Vinegar (White Wine Or Balsamic)



## BEFORE YOU START

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

- **medium frying pan** • **two oven trays** lined with **baking paper**



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Zest the **lemon** to get **2 tsp for 2 people / 1 tbs for 4 people**. Finely chop the **garlic** (or use a garlic press). In a medium bowl, toss the **chicken breast** with a **good drizzle** of **olive oil**, the **salt**, lemon zest, garlic and a **pinch** of **pepper**. Cut the **pita pockets** (see ingredients list) into 2cm squares.



### 2 COOK THE CHICKEN

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **chicken breast** and cook for **2 minutes** on each side, or until lightly browned, then transfer to an oven tray lined with baking paper. Bake for **8-12 minutes**, or until cooked through. Set aside to rest. **TIP:** The cooking time may vary depending on the thickness of the fillet. **TIP:** The chicken is cooked through when it is no longer pink in the middle.



### 4 BAKE THE PITA BREAD

Place the **pita bread** squares on a second oven tray lined with baking paper. Season generously with **salt** and **pepper**, **spray** (or **drizzle**) with **olive oil** and toss to coat. Spread in a single layer and bake for **5 minutes**, or until golden. **TIP:** Spreading the bread in a single layer helps it to cook evenly. **TIP:** They can burn fast so keep an eye on them!



### 5 PREPARE THE SALAD

While the pita is baking, roughly chop the **roasted almonds**. Slice the **tomato** and **cucumber** into 1cm half-moons. In a medium bowl, combine the **vinegar** and **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) and season with **salt** and **pepper**. Add the tomato, cucumber, **mixed salad leaves** and **almonds** to the bowl with the dressing and toss to coat. Just before serving, add the baked **pita bread** to the salad and toss to coat. **TIP:** Dress the salad and add the bread just before serving to keep the salad crisp!



### 3 PREPARE THE MAYONNAISE

While the chicken is cooking, combine the **dill & parsley mayonnaise** and a **squeeze** of **lemon juice** in a small bowl. Season to taste with **salt** and **pepper** and set aside. Cut the remaining lemon into wedges. **TIP:** Add more or less lemon juice to your taste.



### 6 SERVE UP

Thickly slice the chicken. Divide the Greek-style chicken and the pita bread salad between plates. Drizzle with the dill parsley mayo and serve with lemon wedges on the side.

## ENJOY!

## 2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
lemon	1	2
garlic	1 clove	2 cloves
chicken breast	1 packet	1 packet
salt*	¼ tsp	½ tsp
pita pockets	2	4
dill & parsley mayonnaise	1 tub (50 g)	1 tub (100 g)
roasted almonds	1 packet	2 packets
tomato	1	2
cucumber	1	2
vinegar* (white wine or balsamic)	1 tbs	2 tbs
mixed salad leaves	1 bag (60 g)	1 bag (120 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2680kJ (639Cal)	648kJ (155Cal)
Protein (g)	45.9g	11.1g
Fat, total (g)	39.8g	9.6g
- saturated (g)	6.0g	1.5g
Carbohydrate (g)	23.2g	5.6g
- sugars (g)	5.4g	1.3g
Sodium (g)	250mg	61mg

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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2018 | WK43

