

# Greek Chicken & Potato Salad

with Kalamata Olives

Grab your Meal Kit with this symbol



Lemon



Garlic & Herb Seasoning



Chicken Breast



Potato



Zucchini



Kalamata Olives



Red Onion



Baby Spinach Leaves



Fetta Cubes



Mayonnaise

Hands-on: 30-40 mins  
 Ready in: 35-45 mins

Calorie Smart

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

The Greeks certainly know how to capture the beautiful flavours of the Mediterranean. We've taken their lead by coating succulent chicken in a tasty garlicky seasoning, then teaming it with a crisp salad for a nutritionally balanced meal.

### Pantry items

Olive Oil



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
garlic & herb seasoning	1 sachet	2 sachets
chicken breast	1 small packet	1 large packet
potato	2	4
zucchini	1	2
kalamata olives	1 packet	2 packets
red onion	¼	½
baby spinach leaves	1 bag (30g)	1 bag (60g)
salt*	¼ tsp	½ tsp
fetta cubes	1 small packet	1 medium packet
mayonnaise	1 packet (40g)	2 packets (80g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2449kJ (585Cal)	407kJ (97Cal)
Protein (g)	40g	6.6g
Fat, total (g)	31.2g	5.2g
- saturated (g)	6.4g	1.1g
Carbohydrate (g)	32.5g	5.4g
- sugars (g)	7.5g	1.2g
Sodium (mg)	1380mg	229mg

The quantities provided above are averages only.

## 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.



## Flavour the chicken

Bring a medium saucepan of salted water to the boil. Zest the **lemon** to get a generous pinch, then slice into wedges. In a medium bowl, combine the **lemon zest, garlic & herb seasoning** and a drizzle of **olive oil**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Add the **chicken** to the bowl and toss to coat. Set aside.



## Cook the chicken

Heat a large frying pan over a medium-high heat. When the pan is hot, cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate to rest.

**TIP:** *The chicken is cooked through when it's no longer pink inside.*



## Cook the potato

Chop the **potato** into bite-sized chunks. Thinly slice the **zucchini** into half-moons. Cook the **potato** in the boiling water until just tender, **8-10 minutes**. Drain and return the **potato** to the saucepan. Set aside.



## Make the potato salad

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **zucchini** until tender, **5 minutes**. Transfer to the saucepan with the **potato**. Roughly chop the **baby spinach leaves**. Add the **baby spinach**, a generous squeeze of **lemon juice**, the **olives, onion**, the **salt** and a drizzle of **olive oil** to the **potato**. Crumble in the **fetta cubes** and toss to combine.



## Prep the salad

Roughly chop the **kalamata olives**. Finely chop the **red onion** (see ingredients).

**TIP:** *If you don't like raw red onion, leave it out.*



## Serve up

Divide the chicken and potato salad between plates. Serve the **mayonnaise** and any remaining lemon wedges on the side.

## Enjoy!