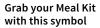
Greek Chicken & Potato Salad

with Kalamata Olives











Garlic & Herb Seasoning



Chicken Breast







Potato

Kalamata Olives



Red Onion



Baby Spinach



Fetta Cubes



Mayonnaise

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

Eat me early



Calorie Smart



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

 ${\sf Medium\ saucepan\cdot Large\ frying\ pan}$

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
lemon	1/2	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	1/4	1/2	
baby spinach	1 bag	1 bag	
leaves	(30g)	(60g)	
salt*	1/4 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 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 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.



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.



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.



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.



Serve up

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

Enjoy!