



Greek Chicken & Potato Salad

with Green Beans, Fetta & Olives

Grab your Meal Kit with this symbol



Lime



Chicken Breast



Garlic & Herb Seasoning



Potato



Green Beans



Kalamata Olives



Red Onion



Baby Spinach Leaves



Fetta Cubes



Mayonnaise



Salmon

Hands-on: **30-40 mins**
 Ready in: **35-45 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Calorie Smart
 Eat Me First

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 with juicy olives and creamy fetta.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

NOTE: 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
lime	½	1
chicken breast	1 small packet	1 large packet
garlic & herb seasoning	1 sachet	2 sachets
potato	2	4
green beans	1 small bag	1 medium bag
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)	1 packet (100g)
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2362kJ (564Cal)	353kJ (84Cal)
Protein (g)	50g	7.5g
Fat, total (g)	23.2g	3.5g
- saturated (g)	4.8g	0.7g
Carbohydrate (g)	30.8g	4.6g
- sugars (g)	6.6g	1g
Sodium (mg)	1165mg	174mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2963kJ (708Cal)	460kJ (109Cal)
Protein (g)	45.8g	7.1g
Fat, total (g)	41.4g	6.4g
- saturated (g)	7.8g	1.2g
Carbohydrate (g)	31.1g	4.8g
- sugars (g)	7g	1.1g
Sodium (mg)	1115mg	173mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1 Flavour the chicken

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

CUSTOM RECIPE

If you've upgraded to salmon, season the salmon on both sides, then flavour as above.



2 Cook the potato

Chop the **potato** into bite-sized chunks. Trim and halve the **green beans**. Cook the **potato** in the boiling water until nearly tender, **8-10 minutes**. When the potato has **4 minutes** remaining, add the **green beans**. Drain and return to the pan. Set aside.



3 Prep the salad

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

TIP: If you don't like raw onion in salads, feel free to leave it out!



4 Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Remove from the heat.

TIP: Chicken is cooked through when it's no longer pink inside.

CUSTOM RECIPE

Prepare pan as above. Cook salmon, skin-side down first, until cooked through, 3-4 minutes each side (depending on thickness).



5 Make the potato salad

While the chicken is cooking, add the **baby spinach, olives, onion** and the **salt** to the **potato** and **green beans**. Drizzle with **olive oil**, then add a generous squeeze of **lime juice**. Crumble in the **fetta cubes**. Gently toss to combine.



6 Serve up

Divide the Greek chicken and potato salad between plates. Serve with the **mayonnaise** and any remaining lime wedges.

CUSTOM RECIPE

Serve the Greek salmon as above.

Enjoy!

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