



# Greek Chicken & Potato Salad

with Broccoli, Fetta & Olives

Grab your Meal Kit with this symbol



Lemon



Chicken Breast



Garlic & Herb Seasoning



Potato



Broccoli



Kalamata Olives



Red Onion



Baby Spinach Leaves



Fetta Cubes



Mayonnaise

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

Naturally Gluten-Free  
*Not suitable for coeliacs*

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 herby and garlicky seasoning, then teaming it with a crisp salad with juicy olives and creamy fetta.

### 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
chicken breast	1 small packet	1 large packet
garlic & herb seasoning	1 sachet	2 sachets
potato	2	4
broccoli	½ head	1 head
kalamata olives	1 packet	2 packets
red onion	¼	½
baby spinach leaves	1 small bag	1 medium bag
fetta cubes	1 small packet	1 medium packet
mayonnaise	1 packet (40g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2326kJ (556Cal)	365kJ (87Cal)
Protein (g)	49.8g	7.8g
Fat, total (g)	23.1g	3.6g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	30.1g	4.7g
- sugars (g)	5.9g	0.9g
Sodium (mg)	1164mg	183mg

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. 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 **lemon zest, garlic & herb seasoning** and a drizzle of **olive oil**. Add the **chicken**, turning to coat.



## 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.



## Cook the veggies

Chop the **potato** into bite-sized chunks. Chop the **broccoli** (see ingredients), including the stalk, into small florets. Cook the **potato** in the boiling water until nearly tender, **8-10 minutes**. When the potato has **4 minutes** remaining, add the **broccoli**. Steam until tender. Drain and return to the pan.



## Make the potato salad

While the **chicken** is cooking, transfer the **baby spinach, olives, red onion** to the saucepan with the **potato** and **broccoli**. Add a drizzle of **olive oil**, a generous squeeze of **lemon juice** and a pinch of **salt**. Crumble in the **fetta cubes**. Gently toss to combine.



## 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!



## Serve up

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

## Enjoy!

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