

Greek Chicken & Potato Salad

with Celery, Fetta & Olives

Grab your Meal Kit with this symbol



Lemon



Garlic & Herb Seasoning



Potato



Celery



Red Onion



Baby Spinach Leaves



Chicken Breast



Fetta Cubes



Kalamata Olives



Mayonnaise

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **30-40 mins**
Ready in: **35-45 mins**

Eat Me Early

Dietitian Approved

Naturally Gluten-Free
Not suitable for coeliacs

Carb Smart

The Greeks certainly know how to capture the beautiful flavours of the Mediterranean. We've taken their lead by coating succulent chicken in our garlic and herb seasoning, then teaming it with a veggie-loaded potato salad - complete with briny olives and creamy, slightly tangy 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
salt*	¼ tsp	½ tsp
lemon	½	1
chicken breast	1 small packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
potato	2	4
celery	1 stalk	2 stalks
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)	2212kJ (529Cal)	378kJ (90Cal)
Protein (g)	45.2g	7.7g
Fat, total (g)	21.9g	3.7g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	35.3g	6g
- sugars (g)	8.1g	1.4g
Sodium (mg)	1366mg	234mg
Dietary Fibre (g)	8.1g	1.4g

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.

1



Get prepped

- Boil the kettle. Half-fill a medium saucepan with the boiling water and the **salt**.
- Zest **lemon** to get a generous pinch, then slice into wedges.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **lemon zest, garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken**, turning to coat.

2



Cook the potato

- Cut **potato** into bite-sized chunks.
- Cook **potato** in the boiling water until tender, **12-15 minutes**.
- Drain **potato**, then return to the pan. Set aside.

3



Prep the salad

- Roughly chop **kalamata olives**.
- Finely chop **red onion** (see ingredients).
- Roughly chop **baby spinach leaves**.
- Thinly slice **celery**.

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 medium-high heat.
- Cook **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Remove from heat.

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

5



Make the potato salad

- While the chicken is cooking, add the **olives, onion, baby spinach** and **celery** to the saucepan with the **potato**.
- Drizzle with **olive oil**, then add a generous squeeze of **lemon juice**. Crumble in **fetta cubes**.
- Gently toss to combine. Season to taste.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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