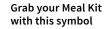
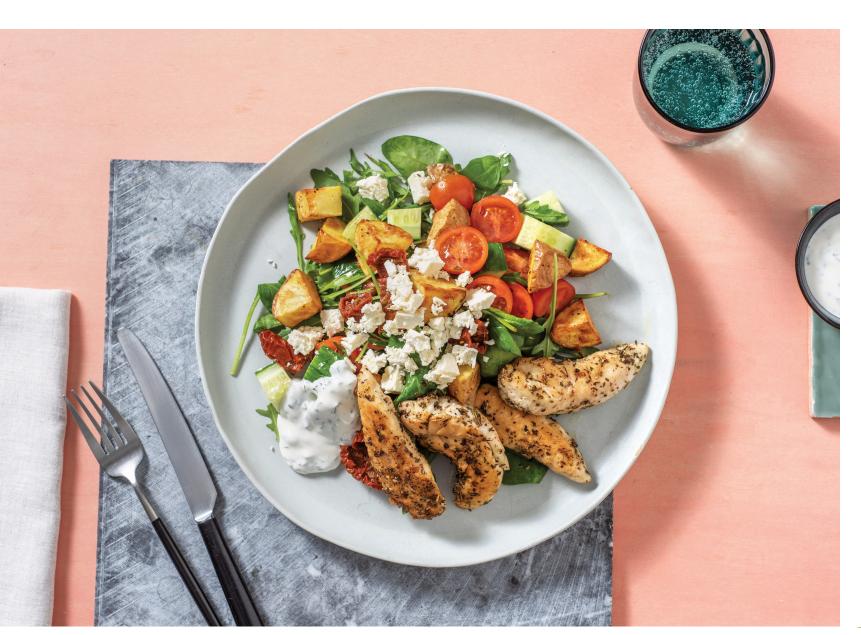


# Greek Garlic Chicken & Semi-Dried Tomato Salad

with Mint Garlic Sauce & Fetta











Potato

**Cherry Tomatoes** 



Cucumber

Tomatoes



**Garlic Sauce** 



Garlic & Herb



Seasoning

Chicken Tenderloins





Spinach & Rocket Mix

Fetta Cubes

Hands-on: 20-30 mins Ready in: 30-40 mins

Eat me early





Naturally gluten-free Not suitable for Coeliacs



We love a salad studded with juicy cherry tomatoes, fresh cucumber and crisp potato. There's nothing quite like it. Garlicky Greek chicken is topped off with creamy fetta and an incredible mint garlic sauce - you won't know which bit to eat first!

#### **Pantry items**

Olive Oil, Honey, White Wine Vinegar

### 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

Oven tray lined with baking paper · Large frying pan

# Ingredients

	3			
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	1	2		
cherry tomatoes	1 punnet	2 punnets		
cucumber	1	2		
semi-dried tomatoes	1 medium packet	2 medium packets		
mint	½ bunch	1 bunch		
garlic sauce	1 medium packet	1 large packet		
garlic & herb seasoning	1 sachet	2 sachets		
chicken tenderloins	1 small packet	1 large packet		
honey*	1 tsp	2 tsp		
spinach & rocket mix	<b>1 bag</b> (30g)	1 bag (60g)		
white wine vinegar*	drizzle	drizzle		
fetta cubes	1 small packet	1 medium packet		

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1929kJ (461Cal)	363kJ (86Cal)
Protein (g)	46.7g	8.8g
Fat, total (g)	17.8g	3.4g
- saturated (g)	3.6g	0.7g
Carbohydrate (g)	26.4g	5g
- sugars (g)	10.6g	2g
Sodium (mg)	866mg	163mg
Dietary Fibre (g)	5.1g	1g

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.



# Roast the potato

Preheat the oven to 220°C/200°C fan-forced. Cut the **potato** into 2cm chunks. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, 20-25 minutes.



# Get prepped

Halve the **cherry tomatoes**. Roughly chop the **cucumber** and **semi-dried tomatoes**. Pick and thinly slice the **mint** leaves. In a small bowl, combine the **garlic sauce**, **mint** and a dash of **water**. Set aside.



# Prep the chicken

In a medium bowl, combine the **garlic & herb seasoning** and and a drizzle of **olive oil**. Season and add the **chicken tenderloins**. Toss to coat.



# Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken tenderloins** until browned and cooked through, **3-4 minutes** each side. Remove the pan from the heat, add the **honey**, toss to coat.

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



# Bring it all together

In a large bowl, combine the **spinach & rocket** mix, cherry tomatoes, cucumber, semi-dried tomatoes and roasted potato. Add a drizzle of white wine vinegar, a drizzle of olive oil and season to taste.



### Serve up

Divide the veggie salad between plates, top with the Greek garlic chicken and crumble over the **fetta cubes**. Drizzle over the mint garlic sauce.

Enjoy!