

# Greek Garlic Chicken & Semi-Dried Tomato Salad

with Mint Garlic Sauce & Fetta

Grab your Meal Kit with this symbol



Potato



Cherry Tomatoes



Cucumber



Semi-Dried Tomatoes



Mint



Garlic Sauce



Garlic & Herb Seasoning



Chicken Tenderloins





Spinach & Rocket Mix




Fetta Cubes

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

 Naturally gluten-free  
*Not suitable for Coeliacs*

 Eat me early

 Carb Smart

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

|                         | 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    | 1 bag (30g)     | 1 bag (60g)      |
| white wine vinegar*     | drizzle         | drizzle          |
| fetta cubes             | 1 small packet  | 1 medium packet  |

\*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](https://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 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!