



DINER-STYLE GREEK SALAD WITH CHICKEN

plus Feta & Quick-Pickled Red Onion

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Baby Lettuce



1 | 2
Red Onion



4 oz | 8 oz
Grape Tomatoes



1 | 2
Long Green
Pepper



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



10 oz | 20 oz
Chicken Breast
Strips



5 tsp | 10 tsp
Red Wine
Vinegar



1.5 oz | 3 oz
Greek Vinaigrette
Contains: Eggs, Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HELLO

QUICK PICKLE

Red onion gets bright pink and tangy in a snap, thanks to a little help from the microwave.

PREP: 10 MIN | COOK: 20 MIN | CALORIES: 470



WHY ASK DRY?

Why bother drying your lettuce? So glad you asked! This essential step helps the dressing coat the leaves (instead of sliding off into the bowl).

BUST OUT

- Paper towels
- Plastic wrap
- Large pan
- Strainer
- Medium bowl
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (½ tsp | 1 tsp)

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1 PREP

- **Wash and dry produce.** Halve, peel, and thinly slice **onion**. Trim and discard root end from **lettuce**; cut into bite-size pieces. Halve **tomatoes** lengthwise. Halve, core, and dice **green pepper** into ¼-inch pieces.



3 PICKLE ONION

- Meanwhile, in a medium microwave-safe bowl, combine **vinegar**, ½ tsp **sugar** (1 tsp for 4 servings), and a **pinch of salt**; stir until sugar is dissolved. Add **onion** and toss until evenly coated.
- Cover with plastic wrap and microwave until onion is bright pink, 30 seconds. Toss onion in liquid; drain, reserving **pickling liquid**.



2 COOK CHICKEN

- Pat **chicken*** dry with paper towels and season all over with **salt** and **pepper** (cut into bite-size pieces if necessary).
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



4 TOSS & SERVE

- In a large bowl, combine **vinaigrette** and ½ TBSP **reserved pickling liquid** (1 TBSP for 4 servings).
- Add **lettuce**, **tomatoes**, **green pepper**, **half the feta**, **half the chicken**, and as much **pickled onion** as you like. Toss to coat. Season with **salt** and **pepper** to taste.
- Divide **salad** between bowls and top with remaining chicken and remaining feta. Serve.

*Chicken is fully cooked when internal temperature reaches 165°.