



# MEDITERRANEAN ROASTED VEGETABLE SALAD

with Potatoes, Bell Pepper, Red Onion & Feta

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Potatoes\*



1 | 2  
Bell Pepper\*



1 | 2  
Red Onion



¼ oz | ½ oz  
Parsley



1 tsp | 2 tsp  
Dried Oregano



2 oz | 4 oz  
Mixed Greens



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



½ Cup | 1 Cup  
Feta Cheese  
Contains: Milk



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

\*The ingredient you received may be a different color.



## HelloCustom

If you chose to modify your meal, follow the  
**HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets

Calories: 580



10 oz | 20 oz  
Organic Chicken  
Cutlets

Calories: 580



PREP: 5 MIN | COOK: 40 MIN | CALORIES: 400



HELLO







## ROASTED VEGETABLE SALAD

This vegetarian dinner salad makes a great lunch or brunch too!

### HANDS-FREE

Although this recipe takes 40 minutes, it's mostly roasting time (aka have-a-glass-of-wine time!).

### BUST OUT

- Baking sheet
- Paper towels  
- Large bowl
- Large pan  
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (1 tsp | 1 tsp)  

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### 1 PREP

- Arrange rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **potatoes** into 1-inch pieces. Core, deseed, and dice **bell pepper** into 1-inch pieces. Halve, peel, and dice **onion** into 1-inch pieces. Roughly chop **parsley**.





### 3 TOSS SALAD

- When ready to serve, in a large bowl, toss **mixed greens** with **half the vinaigrette** (save the rest for serving).






### 2 ROAST VEGGIES

- Toss **potatoes**, **bell pepper**, and **onion** on a baking sheet with a **drizzle of olive oil**, **oregano**, **salt**, and **pepper**. Roast on top rack, tossing halfway through, until crisp and tender, 20-25 minutes.
- Transfer **roasted veggies** to a plate and let cool for at least 5 minutes.
-  Pat **chicken\*** or **organic chicken\*** dry with paper towels;
-  season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board to rest.



### 4 FINISH & SERVE

- Divide **mixed greens** between plates; pile **roasted veggies** over top and drizzle with **remaining vinaigrette**. Garnish with **feta** and **parsley**. Serve immediately.
-  Thinly slice **chicken** or **organic chicken** crosswise;
-  serve atop **roasted veggies**.

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