



Greek Chicken & Potato Salad

with Kalamata Olives & Green Beans

Grab your Meal Kit
with this symbol



Lemon



Garlic & Herb
Seasoning



Chicken Breast



Potato



Green Beans



Kalamata Olives



Red Onion



Baby Spinach
Leaves



Fetta



Mayonnaise



Hands-on: **30-40** mins
Ready in: **35-45** mins



Naturally gluten-free
Not suitable for Coeliacs



Calorie Smart



Eat me early

The Greeks certainly know how to capture the beautiful flavours of the Mediterranean. We've taken their lead by coating succulent chicken in a tasty garlicky seasoning, then teaming it with a crisp bean salad with juicy olives and creamy fetta. Simply delicious!

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
lemon	½	1
garlic & herb seasoning	1 sachet	2 sachets
chicken breast	1 small packet	1 large packet
potato	2	4
green beans	1 bag (100g)	1 bag (200g)
kalamata olives	1 packet	2 packets
red onion	¼	½
baby spinach leaves	1 bag (30g)	1 bag (60g)
salt*	¼ tsp	½ tsp
fetta	1 block (25g)	1 block (50g)
mayonnaise	1 packet (40g)	2 packets (80g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2719kJ (649Cal)	426kJ (101Cal)
Protein (g)	42.6g	6.7g
Fat, total (g)	34.7g	5.4g
- saturated (g)	6.7g	1g
Carbohydrate (g)	36.3g	5.7g
- sugars (g)	11g	1.7g
Sodium (g)	3081mg	482mg

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. Prep the chicken

Bring a medium saucepan of salted water to the boil. Zest the **lemon** to get a **generous pinch**, then slice into wedges. In a medium bowl, combine the **lemon zest, garlic & herb seasoning** and **olive oil (3 tsp for 2 people / 1 1/2 tbs for 4 people)**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Add the **chicken** to the bowl and toss to coat. Set aside.



2. Cook the veggies

Cut the **potato** (unpeeled) into 2cm chunks. Trim and halve the **green beans**. Add the **potato** to the saucepan of boiling water and cook until nearly tender, **8-10 minutes**. Add the **green beans** to the boiling water and cook until both the **green beans** and **potato** are tender, **3 minutes**. Drain and set aside.



3. Prep the salad

Roughly chop the **kalamata olives**. Finely chop the **red onion** (see ingredients list).

TIP: If you don't like raw red onion, feel free to leave it out!



4. Cook the chicken

Heat a large frying pan over a medium-high heat. When the pan is hot, add the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate to rest.

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



5. Make the potato salad

Roughly chop the **baby spinach leaves**. Return the **potato** and **green beans** to the saucepan. Add the **baby spinach**, a **generous squeeze** of **lemon juice**, the **olives, onion**, the **salt** and **olive oil (3 tsp for 2 people / 1 1/2 tbs for 4 people)**. Crumble in the **fetta** and toss to combine.



6. Serve up

Divide the chicken and potato salad between plates. Serve with the **mayonnaise** and any remaining lemon wedges.

Enjoy!