



# 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



Chicken Tenderloins



Garlic & Herb  
Seasoning



Roasted Almonds



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 this low-carb meal studded with juicy cherry tomatoes, fresh cucumber and crisp potato. Then there's garlicky Greek chicken 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 packet	2 packets
mint	½ bag	1 bag
garlic sauce	1 medium packet	1 large packet
chicken tenderloins	1 packet	1 packet
garlic & herb seasoning	1 sachet	2 sachets
honey*	1 tsp	2 tsp
roasted almonds	1 medium packet	1 large packet
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)	2315kJ (553Cal)	424kJ (101Cal)
Protein (g)	50g	9.2g
Fat, total (g)	26.1g	4.8g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	28g	5.1g
- sugars (g)	11.2g	2.1g
Sodium (mg)	868mg	159mg
Dietary Fibre	10.2g	1.9g

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.

1



## Roast the potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** into bite-sized chunks. Place the **potato** and a drizzle of **olive oil** on a lined oven tray. Season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

2



## Get prepped

While the potato is roasting, alve 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 drizzle of **water**. Set aside.

3



## Prep the chicken

In a medium bowl, combine **chicken tenderloins**, **garlic & herb seasoning**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**.

4



## Cook the chicken

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

5



## Bring it all together

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

6



## 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 to serve.

## Enjoy!