



MY BIG FAT GREEK CHICKEN SALAD

with Marinated Veggies & Feta

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Roma Tomato



1 | 1
Shallot



1 | 2
Persian Cucumber



1 TBSP | 2 TBSP
Tuscan Heat Spice



1 | 2
Baby Romaine Lettuce



5 tsp | 10 tsp
Red Wine Vinegar



2 tsp | 4 tsp
Dijon Mustard



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



10 oz | 20 oz
Chicken Cutlets



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



HELLO

TUSCAN HEAT SPICE

Our blend of aromatic herbs also packs a pinch of peppery hot pizzazz.

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 590



FLAVOR SAVER

You'll be marinating the veggies in step 2 to not only infuse the tomatoes with flavor and mellow the raw bite of the shallots, but also to make your salad dressing (now mingled with the tomato juices). Less food waste, more flavor!

BUST OUT

- Medium bowl
- Whisk
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Olive oil (2 TBSP | 4 TBSP)
- Sugar (1 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)

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



1 PREP

- Wash and dry produce.
- Dice **tomato** into ½-inch pieces. Halve, peel, and very thinly slice **shallot**. Trim and halve **cucumber** lengthwise; slice crosswise into ¼-inch-thick half-moons. Trim and discard root end from **lettuce**; chop leaves into bite-size pieces.



3 COOK CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **remaining Tuscan Heat Spice**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Transfer to a cutting board to rest.



2 MARINATE VEGGIES

- In a medium bowl, whisk together **vinegar**, **mustard**, **Greek vinaigrette**, **¼ tsp Tuscan Heat Spice**, **2 TBSP olive oil**, and **1 tsp sugar**. (For 4 servings, use ½ tsp Tuscan Heat Spice, 4 TBSP olive oil, and 2 tsp sugar.) Season with **salt** and **pepper**.
- Add **tomato** and as much **shallot** as you like to bowl with **dressing**; toss to combine. Set aside to marinate.



4 FINISH & SERVE

- Dice **chicken** into 1-inch pieces.
- Add chicken, **cucumber**, and **lettuce** to bowl with **tomato and shallot**. Toss to combine.
- Divide **salad** between plates. Drizzle with any **remaining dressing** from bowl. Top with **feta** and serve.