



INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Tomato



1 | 2
Shallot



1 | 2
Mini Cucumber



1 | 2
Baby Lettuce



1 | 2
Lemon



1 Clove | 2 Cloves
Garlic



1 TBSP | 2 TBSP
Tuscan Heat
Spice



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



10 oz | 20 oz
Chicken Breast
Strips



4 TBSP | 8 TBSP
Tahini
Contains: Sesame



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



HELLO

TUSCAN HEAT SPICE

Our blend of Italian-style herbs
packs a bit of peppery heat.

MY BIG FAT GREEK CHICKEN SALAD

with Marinated Tomato & Lemon Tahini Dressing



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 700



MAKING THE CUT

Don't squish the tomato when slicing in Step 1; use a serrated or bread knife! The teeth on the blade will cut through the skin like butta.

BUST OUT

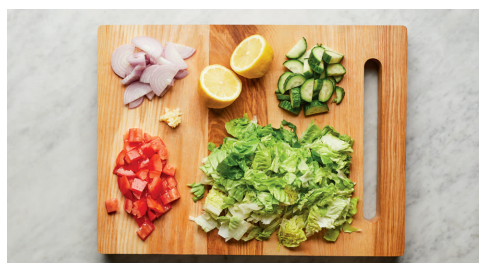
- Medium bowl
- Large pan
- Whisk
- Small bowl
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (**2 TBSP** | **4 TBSP**)
- Sugar (**½ tsp** | **1 tsp**)
- Cooking oil (**1 tsp** | **1 tsp**)

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

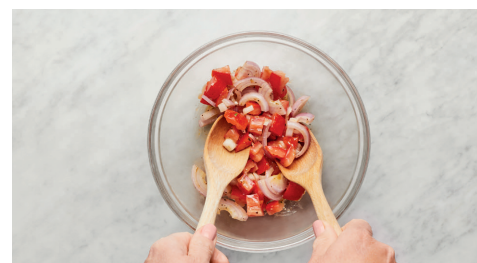
(646) 846-3663

[HelloFresh.com](https://www.hellofresh.com)



1 PREP

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



2 MARINATE TOMATO

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



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 in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



4 MAKE DRESSING

- While chicken cooks, in a small bowl, combine **garlic**, **juice from whole lemon (two lemons for 4 servings)**, **tahini**, **remaining Greek vinaigrette**, and **1 TBSP olive oil (2 TBSP for 4)**. Add **water** 1 tsp at a time until **dressing** reaches a drizzling consistency. Season with **salt** and **pepper**.



5 TOSS SALAD

- To bowl with **marinated tomato**, add **lettuce** and **cucumber**; toss until thoroughly coated.



6 SERVE

- Divide **salad** between plates; top with **chicken**. Drizzle with **dressing** and serve.

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