



Hello Fresh

Cooking Made Easy

hello@hellofresh.com

JUN 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on [f](#) [t](#) [v](#)
You'll be entered into our weekly photo contest!

Mediterranean Chicken Salad

with Black Olive-Sherry Vinaigrette



Aged sherry vinegar is full of nutty, complex intensity. Whisked into a garlicky black olive vinaigrette, it gives this salad both elegance and depth. Creamy butter beans contrast crisp green beans for textural intrigue, while bright parsley and tangy feta add pops of flavor.

 35 min

 level 1

 nut free

 lactose free

 gluten free



Chicken Breast



Black Olives



Grape Tomatoes



Mixed Greens



Butter Beans



Sherry Vinegar



Parsley



Green Beans



Garlic

Ingredients	2 People	4 People
Chicken Breast	2	4
Black Olives	1 oz	2 oz
Grape Tomatoes	1 bunch	2 bunches
Mixed Greens	3 oz	6 oz
Green Beans	4 oz	8 oz
Butter Beans	1 can	2 cans
Sherry Vinegar	2 T	4 T
Parsley	1 bunch	2 bunches
Garlic	2 cloves	4 cloves
Olive Oil*	3 ½ T	7 T

*Not Included

Allergens
(None)

Tools
Strainer, Large Bowl,
Whisk, Medium Pot, Large
Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 624 cal | Carbs: 35 g | Fat: 31 g | Protein: 51 g | Fiber: 10 g



1 Bring a medium pot of **water** to a boil with a large pinch of **salt**.

2 Meanwhile, trim and halve the **green beans**. Mince the **olives**. Pick the **parsley leaves** and discard the stems. Drain and rinse the **butter beans**. Halve the **grape tomatoes**. Mince or grate the **garlic**.



3 **Make the black olive-sherry vinaigrette:** in a large bowl, combine the **minced olives**, 2 tablespoons **sherry vinegar**, 3 tablespoons **olive oil**, and as much **minced garlic** as you like. Whisk to combine and season with **salt** and **pepper**.

4 Add the **green beans** to the **boiling water** and cook for about 3 minutes, until crisp-tender. Drain and rinse under very cold water.



5 Heat ½ tablespoon **olive oil** in a large pan over medium-high heat. Season the **chicken** with **salt** and **pepper** and both sides. Add **chicken** to the pan and cook 5-7 minutes per side, until cooked through.



6 Cut the **chicken** into cubes and toss into the large bowl of **black olive-sherry vinaigrette** with the **mixed greens**, **green beans**, **tomatoes**, and **butter beans**. Season with **salt** and **pepper** and garnish with the **parsley leaves**. Enjoy!