



Hello
FRESH



SEP
2016

Mediterranean Chicken Salad

with Green Beans and 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. Nuggets of beans contrast crisp green beans for textural intrigue, while bright parsley and briny olives add pops of flavour!



Prep
30 min



level 1



gluten
free



Chicken Breasts



Black Olives



Grape Tomatoes



Mixed Greens



Green Beans



Butter Beans



Parsley



Garlic



Sherry Vinegar

Ingredients

	2 People	4 People
Chicken Breasts	2	4
Black Olives	1 pkg (28 g)	2 pkg (56 g)
Grape Tomatoes	1 pkg (113 g)	2 pkg (227 g)
Spring Mix	1 pkg (85 g)	2 pkg (170 g)
Green Beans, chopped	1 pkg (113 g)	2 pkg (227 g)
Butter Beans	1 can	2 cans
Sherry Vinegar	1) 1 bottle (2 tbsp)	2 bottles (4 tbsp)
Parsley	1 pkg (14 g)	2 pkg (28 g)
Garlic	2 cloves	4 cloves
Olive or Canola Oil*		

*Not Included

Allergens

1) Sulphites/Sulfites

Tools

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

Ruler

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

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



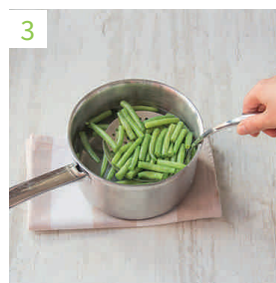
1

1 Prep: Wash and dry all produce. Mince the **olives**. Coarsely chop the **parsley**. Drain and rinse the **beans**. Halve the **grape tomatoes**. Mince or grate the **garlic**.



2

2 Cook the chicken: Season the **chicken** with **salt** and **pepper**. Heat a large pan over medium-high heat. Add drizzle of **oil**, then the **chicken**. Cook 5-7 min per side, until cooked through. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Set chicken aside to rest.



3

3 Blanche the green beans: Meanwhile, bring a medium pot of **salted water** to a boil. Add the **green beans** to the boiling water and cook until tender-crisp, 1-2 min. Drain and rinse under very cold water.



4

4 Make the black olive-sherry vinaigrette: In a large bowl, combine the minced **olives**, **sherry vinegar**, a large drizzle of **oil**, and as much minced **garlic** as you like. Whisk to combine and season with **salt** and **pepper**.

5 Finish and serve: Cut the **chicken** into cubes and toss into the large bowl of **black olive-sherry vinaigrette** with the **mixed greens**, **green beans**, **parsley**, **tomatoes** and **beans**. Season with **salt** and **pepper**. Enjoy!

BBQ TIP: Instead of pan-frying, grill chicken on medium heat, with lid closed, 6 to 8 min per side, until cooked to temperature above.

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