



Mediterranean Style Chicken Salad

with Pepper, Feta and Olives

Lunch 5 Minutes • 1 of your 5 a day

Nº 5A



Bell Pepper



Feta Cheese



Premium Baby Leaf Mix



French Dressing



Black Olives



Cooked Chicken Slices

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Knife, Cutting Board, Serving Dish, Wooden Spoon.

Ingredients

	2P
Bell Pepper***	1
Feta Cheese 7)**	50g
Premium Baby Leaf Mix**	50g
French Dressing 9)	1 sachet
Black Olives	30g
Cooked Chicken Slices	1 pack

Not Included **Store in the Fridge *Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.*

Nutrition

	Per serving	Per 100g
for uncooked ingredient	195g	100g
Energy (kJ/kcal)	979 /234	502 /120
Fat (g)	16	8
Sat. Fat (g)	6	3
Carbohydrate (g)	9	5
Sugars (g)	6	3
Protein (g)	13	7
Salt (g)	1.35	0.69

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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 You can recycle me!



1



2



3



To Start

a) Halve the **pepper** and discard the core and **seeds**. Cut into quarters, then slice widthways into thin strips.

b) Chop the **feta** into small cubes.

Assemble

a) Pop the **baby leaf mix** into your serving dish, along with the **pepper**.

b) Add the **dressing** and toss to coat.

c) TIP: *If you are preparing the salad in advance, keep the dressing separate for now and pour over just before serving.*

Dress and Serve

a) Top the **leaves** with the **feta, olives** and **chicken**.

b) You are ready for lunch.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.