



Greek-Inspired Chicken Salad

with Olives and Feta

30 Minutes



Chicken Breasts 2 4	Protein Shreds 200 g 400 g	Shrimp 285 g 570 g
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Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



- Chicken Breast Tenders
310 g | 620 g
- Baby Spinach
113 g | 227 g
- Tomato
1 | 2
- Mini Cucumber
1 | 2
- Garlic Salt
1 tsp | 2 tsp
- Mayonnaise
2 tbsp | 4 tbsp
- Feta Cheese, crumbled
¼ cup | ½ cup
- Mixed Olives
30 g | 60 g
- White Wine Vinegar
1 tbsp | 2 tbsp
- Mediterranean Spice Blend
1 tbsp | 1 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, pepper, sugar, oil

Cooking utensils | Large bowl, large non-stick pan, measuring spoons, medium bowl, paper towels, whisk, strainer

1



Prep

- Before starting, wash and dry all produce.

- Slice **cucumbers** into ¼-inch rounds.
- Cut **tomato** into ½-inch pieces.
- Drain, then roughly chop **olives**.

2



Marinate chicken

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Protein Shreds**

🔄 Swap | **Shrimp**

- Pat **chicken** dry with paper towels.
- Add **chicken**, **garlic salt**, ½ **tbsp** (1 **tbsp**) **oil** and **half the Mediterranean Spice Blend** (use all for 4 ppl) to a medium bowl. Toss to coat. Set aside.

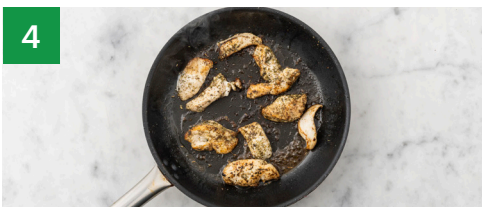
3



Make dressing

- Add **mayo**, **vinegar**, ¼ **tsp** (½ **tsp**) **sugar** and **half the feta** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine. Set aside.

4



Cook chicken

🔄 Swap | **Shrimp**

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Cook, flipping occasionally, until cooked through, 4-5 min.**

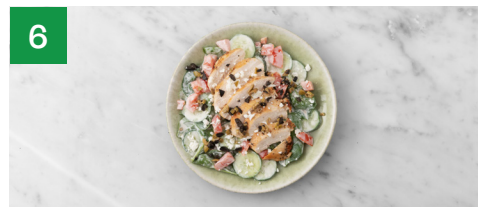
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Toss salad

- Add **spinach**, **cucumbers** and **tomatoes** to the large bowl with **dressing**. Toss to combine.

6



Finish and serve

- Divide **salad** between plates. Top with **chicken**.
- Sprinkle **olives** and **remaining feta** over top.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Marinate chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, cut into 1-inch wide **strips**, then prep and cook them in the same way the recipe instructs you to prep and cook the **chicken tenders**.

2 | Marinate plant-based protein

🔄 Swap | **Protein Shreds**

If you've opted to get **plant-based protein shreds**, prep and cook it the same way as the recipe instructs you to prep and cook the **chicken tenders**, tossing occasionally, until cooked through, 6-8 min.**

2 | Marinate shrimp

🔄 Swap | **Shrimp**

If you opted to get **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Marinate the **shrimp** the same way the recipe instructs you to marinate the **chicken tenders**.

4 | Cook shrimp

🔄 Swap | **Shrimp**

When the pan is hot, add **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 3-4 min.** Remove from heat. Proceed with remaining instructions as written.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.