



Greek-Inspired Chicken Salad

with Olives and Feta

30 Minutes

Swap Swap *2 Double

Chicken Breasts ⁺
 2 | 4

Protein Shreds
 200 g | 400 g | 620 g | 1240 g

Chicken Breast Tenders ⁺
 2 | 4

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](https://www.hellofresh.ca)



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

1



Prep

- Before starting, wash and dry all produce.

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

2



Marinate chicken

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Protein Shreds**

- 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 | **Protein Shreds**

*2 Double | **Chicken Breast Tenders**

- 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.**

5



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 protein shreds

🔄 Swap | **Protein Shreds**

If you've opted to get **plant-based protein shreds**, prep it in the same way the recipe instructs you to prep the **chicken**.

4 | Cook protein shreds

🔄 Swap | **Protein Shreds**

Cook and plate the **plant-based protein shreds** the same way as the recipe instructs you to cook and plate the **chicken**, tossing occasionally until cooked through, 6-8 min.**

4 | Cook chicken

*2 Double | **Chicken Breast Tenders**

If you've opted for double **chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

* 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.