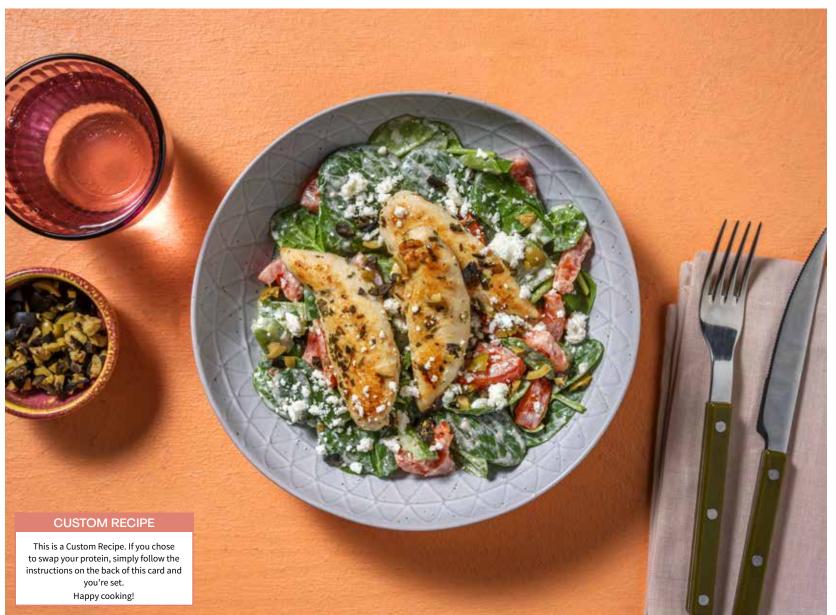


# Greek-Inspired Chicken Salad

with Olives and Feta

30 Minutes





**Chicken Tenders** 







Roma Tomato

Garlic Salt

**Baby Spinach** 





Green Bell Pepper





Mayonnaise



Feta Cheese, crumbled



Mixed Olives



White Wine Vinegar



Mediterranean Spice Blend

## Start here

Before starting, wash and dry all produce.

#### **Bust out**

Medium bowl, measuring spoons, large bowl, whisk, large non-stick pan, paper towels

## **Inaredients**

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	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Chicken Breasts	2	4
Baby Spinach	113 g	227 g
Roma Tomato	80 g	160 g
Green Bell Pepper	200 g	400 g
Garlic Salt	1 tsp	2 tsp
Mayonnaise	2 tbsp	4 tbsp
Feta Cheese, crumbled	1/4 cup	½ cup
Mixed Olives	30 g	30 g
White Wine Vinegar	1 tbsp	2 tbsp
Mediterranean Spice Blend	½ tbsp	1 tbsp
Sugar*	1/4 tsp	½ tsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## **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.



### Prep

- Core, then cut **pepper** into ½-inch pieces.
- Cut tomato into ½-inch pieces.
- · Drain, then roughly chop olives.



#### Marinate chicken

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

If you've opted to get **chicken breasts**, cut chicken into 1/2-inch strips, then prepare and cook it in the same way the recipe instructs you to prepare and cook the chicken tenders.



## Make dressing

- Add mayo, vinegar, 1/4 tsp sugar (dbl for 4 ppl) and half the feta to a large bowl.
- Season with salt and pepper, then whisk to combine. Set aside.



#### Cook chicken

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ tbsp oil (dbl for 4 ppl), then **chicken**. Cook, flipping occasionally, until cooked through, 4-5 min.\*\*



#### Toss salad

• Add spinach, peppers and tomatoes to the large bowl with dressing. Toss to combine.



#### Finish and serve

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

## **Dinner Solved!**

#### Contact

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