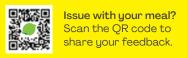


Greek-Inspired Chicken Salad

with Olives and Feta

30 Minutes







Chicken Tenders





Baby Spinach

Roma Tomato





Mini Cucumber

Garlic Salt





Mayonnaise

Feta Cheese, crumbled



Mixed Olives

White Wine Vinegar



Mediterranean Spice Blend

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Chicken Breasts	2	4
Baby Spinach	113 g	227 g
Roma Tomato	95 g	190 g
Mini Cucumber	132 g	264 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

- Slice cucumbers into 1/4-inch rounds.
- 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 (1 tbsp) oil 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**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders**, then increase the cook time to 5-7-min per side.**



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.



Cook chicken

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



Toss salad

 Add spinach, cucumbers 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!

