



Greek Style Lemon and Herb Chicken Salad with Roast Potatoes, Tomatoes and Olives

Classic 35-40 Minutes

5



Potatoes



Lemon



Garlic Clove



Dried Oregano



Chicken Fillet



Medium Tomato



Greek Style
Salad Cheese



Black Olives



Dijon Mustard



Premium Baby
Leaf Mix

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, grater, garlic press and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Lemon**	½	¾	1
Garlic Clove**	1	2	2
Dried Oregano	1 sachet	1 sachet	2 sachets
Chicken Fillet**	2	3	4
Medium Tomato	1	2	2
Greek Style Salad Cheese** 7)	50g	75g	100g
Black Olives	30g	45g	60g
Dijon Mustard 9) 14)	10g	15g	15g
Premium Baby Leaf Mix**	50g	75g	100g

Pantry	2P	3P	4P
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	531g 2463 /589	100g 464 /111
Fat (g)	24.7	4.7
Sat. Fat (g)	6.8	1.3
Carbohydrate (g)	44.7	8.4
Sugars (g)	6.2	1.2
Protein (g)	48.8	9.2
Salt (g)	1.54	0.29

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 9) Mustard 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Finish the Prep

While everything roasts, cut the **tomato** into 1cm pieces.

Cut the **Greek style salad cheese** into 1cm cubes. Halve the **olives**.



Marinade Time

While the **potatoes** roast, zest and halve the **lemon**. Peel and grate the **garlic** (or use a garlic press).

Pop the **garlic**, **lemon zest**, **olive oil for the marinade** (see ingredients for amount) and **half the oregano** into a medium bowl. Season with **salt** and **pepper** and mix together.

Add the **chicken** to the **marinade** and mix well until evenly coated. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Mix Things Up

Squeeze the **lemon juice** (see ingredients for amount) into a large bowl.

Add the **Dijon mustard**, remaining **oregano**, **sugar** and **olive oil for the dressing** (see ingredients for both amounts). Season with **salt** and **pepper**, then mix together until well combined.

Stir the **tomato** into the **dressing**, then set aside until serving.



Cook the Chicken

Lay the marinated **chicken** onto another baking tray.

Roast on the top shelf of your oven until cooked through, 25-30 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Assemble your Salad

When everything is ready, cut each **chicken fillet** widthways into 5 slices.

Add the **baby leaf mix**, **roasted potatoes**, **Greek style salad cheese** and **olives** to the **tomato** bowl. Toss everything together to dress it, then share the **salad** between your bowls.

Lay the sliced **chicken** on top and tuck in.

Enjoy!