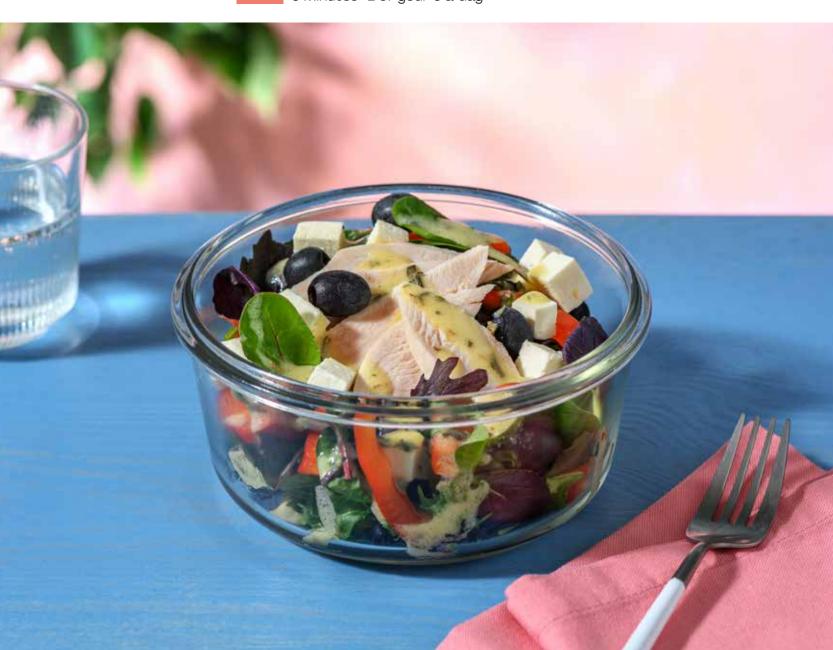


# Mediterranean Style Chicken Salad

with Pepper, Feta and Olives

Lunch 5 Minutes • 1 of your 5 a day













Premium Baby Leaf Mix





Black Olives



Cooked Chicken Slices

## Before you start

Our fruit and veggies need a little wash before you

# Cooking tools, you will need:

Knife, Cutting Board, Serving Dish, Wooden Spoon.

## Ingredients

	2P	
Bell Pepper***	1	
Feta Cheese 7)**	50g	
Premium Baby Leaf Mix**	50g	
French Dressing 9)	1 sachet	
Black Olives	30g	
Cooked Chicken Slices	1 pack	
*Not Included **Store in the Fridge ***Based on season,		

the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	195g	100g
Energy (kJ/kcal)	979 /234	502/120
Fat (g)	16	8
Sat. Fat (g)	6	3
Carbohydrate (g)	9	5
Sugars (g)	6	3
Protein (g)	13	7
Salt (g)	1.35	0.69

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 9) Mustard

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

#### Contact

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#### HelloFresh UK

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## To Start

- a) Halve the pepper and discard the core and seeds. Cut into quarters, then slice widthways into thin strips.
- b) Chop the feta into small cubes.



### **Assemble**

- a) Pop the baby leaf mix into your serving dish, along with the pepper.
- **b)** Add the **dressing** and toss to coat.
- c) TIP: If you are preparing the salad in advance, keep the dressing separate for now and pour over just before serving.



# **Dress and Serve**

- a) Top the leaves with the feta, olives and chicken.
- **b)** You are ready for lunch.

# Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.