



Greek-Style Chicken & Panini Crouton Salad

with Zesty Dill-Parsley Mayo & Avocado

Grab your Meal Kit with this symbol



Lemon



Wholemeal Panini



Garlic & Herb Seasoning



Diced Chicken



Dill & Parsley Mayonnaise



Flaked Almonds



Tomato



Cucumber



Avocado



Mixed Salad Leaves

Prep in: 15-25 mins
Ready in: 30-40 mins

Eat Me Early

Carb Smart

We love a salad studded with panini croutons and crunchy almonds. There's nothing quite like it. Garlicky Greek-style chicken is topped off with this incredible dill and parsley mayonnaise - you won't know which bit to eat first!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
wholemeal panini	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
diced chicken	1 packet	1 packet
dill & parsley mayonnaise (40g)	1 packet	1 packet (80g)
flaked almonds	1 packet	2 packets
tomato	1	2
cucumber	1 (medium)	1 (large)
avocado	1	1
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2712kJ (648Cal)	566kJ (135Cal)
Protein (g)	42.7g	8.9g
Fat, total (g)	37.1g	7.7g
- saturated (g)	5.2g	1.1g
Carbohydrate (g)	31.2g	6.5g
- sugars (g)	8g	1.7g
Sodium (mg)	793mg	166mg
Dietary Fibre (g)	9.3g	1.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Zest **lemon** to get a pinch, then cut into wedges.
- Cut or tear **wholemeal panini** into bite-sized chunks.
- In a medium bowl, combine **garlic & herb seasoning**, **lemon zest**, a good drizzle of **olive oil** and a pinch of **salt**. Add **diced chicken** and toss to coat.
- In a small bowl, combine **dill & parsley mayonnaise** and a squeeze of **lemon juice**. Season to taste with **salt** and **pepper** and set aside.

3



Bake the croutons

- While the chicken is cooking, combine **panini croutons** and a drizzle of **olive oil** in a second medium bowl. Season with **salt** and **pepper**.
- Place **croutons** on a lined oven tray, then bake for **4-5 minutes**.
- Meanwhile, wipe out the frying pan, then return to medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Set aside.
- Roughly chop **tomato** and **cucumber**. Slice **avocado** in half, scoop out flesh and roughly chop.
- In a third medium bowl, add a drizzle of **vinegar** and season with **salt** and **pepper**. Add **tomato**, **cucumber**, **avocado**, **mixed salad leaves** and **toasted almonds** and toss to coat.

2



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a plate.

TIP: Chicken is cooked through when it is no longer pink inside.

4



Serve up

- Add croutons to the salad bowl and toss to coat.
- Divide panini crouton salad between bowls. Top with Greek-style chicken.
- Drizzle with zesty dill-parsley mayo and serve with any remaining lemon wedges. Enjoy!

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