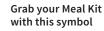


# Greek-Style Chicken & Panini Crouton Salad with Zesty Dill-Parsley Mayo & Avocado













Wholemeal Panini



Garlic & Herb



Seasoning





Dill & Parsley



Mayonnaise



Tomato





Avocado

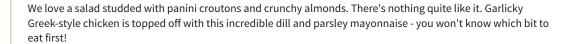


Mixed Salad Leaves

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

**Carb Smart** 







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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
lemon	1/2	1
wholemeal panini	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
diced chicken	1 packet	1 packet
dill & parsley mayonnaise	1 packet (40g)	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

<sup>\*</sup>Pantry Items

#### **Nutrition**

Per Serving	Per 100g
2712kJ (648Cal)	566kJ (135Cal)
42.7g	8.9g
37.1g	7.7g
5.2g	1.1g
31.2g	6.5g
8g	1.7g
793mg	166mg
9.3g	1.9g
	2712kJ (648Cal) 42.7g 37.1g 5.2g 31.2g 8g 793mg

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.



## 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.



#### Bake the croutons

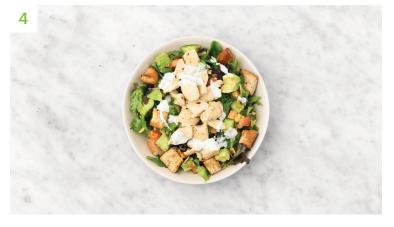
- While the chicken is cooking, combine panini croutons and a drizzle of olive oil in a second medium bowl. Season with salt and pepper.
- Place croutons on a lined oven tray, then bake for 4-5 minutes.
- Meanwhile, wipe out the frying pan, then return to medium-high heat.
  Toast flaked almonds, tossing, 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.



## 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.



# 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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