



# GREEK-STYLE CHICKEN

with Pita Bread Salad & Dill Parsley Mayo



Add crunch to a salad with crisp pita bread!



Lemon



Garlic



Chicken Breast



Pita Pockets



Dill & Parsley Mayonnaise



Roasted Almonds



Tomato



Cucumber



Mixed Salad Leaves

Hands-on: **15 mins**  
Ready in: **30 mins**

Low calorie

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

**Pantry Staples:** Olive Oil, Vinegar (White Wine Or Balsamic)

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, fine grater, medium bowl, medium frying pan, two oven trays** lined with **baking paper, small bowl** and **medium bowl**.



## 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Zest the **lemon** until you have **2 tsp for 2 people / 1 tbs for 4 people**. Finely chop the **garlic** (or use a garlic press). In a medium bowl, toss the **chicken breast** with a good **drizzle of olive oil**, the **lemon zest, garlic, salt** (see ingredients list) and a **pinch of pepper**.



## 2 COOK THE CHICKEN

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Once hot, add the **chicken breast** and cook for **2 minutes** on each side, or until lightly browned, then transfer to an oven tray lined with baking paper. Bake for **8-12 minutes**, or until cooked through. **TIP:** The cooking time may vary depending on the thickness of the fillet. **TIP:** The chicken is cooked through when it is no longer pink in the middle. Set aside to rest.



## 3 FINISH PREPPING

While the chicken is cooking, combine the **dill & parsley mayonnaise** and a squeeze of **lemon juice** in a small bowl. **TIP:** Add the **lemon juice to your taste**. Season to taste with **salt** and **pepper** and set aside.

Roughly chop the **roasted almonds**. Slice the **tomato** and **cucumber** into 1cm half-moons. Cut the remaining lemon into wedges.



## 4 BAKE THE PITA BREAD

Cut the **pita pockets** (see ingredients list) into 2cm squares. Place the pita bread squares on a second oven tray lined with baking paper. Season generously with **salt** and **pepper, spray** (or **drizzle**) with **olive oil** and toss to coat. Spread in a single layer and bake for **5 minutes**, or until golden.

**TIP:** Spreading the bread in a single layer helps it to cook evenly. **TIP:** They can burn quickly so keep an eye on them!



## 5 PREPARE THE SALAD

While the pita is baking, combine the **vinegar** and **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) in a medium bowl and season to taste with **salt** and **pepper**.

Just before serving, add the baked **pita bread** and the **mixed salad leaves** to the dressing and toss to coat. Add the **tomato, cucumber** and **almonds** to the salad and toss to coat.

**TIP:** Toss the salad just before serving to keep the leaves and pita crisp!



## 6 SERVE UP

Thinly slice the chicken. Divide the Greek-style chicken and the pita bread salad between plates. Drizzle with the dill parsley mayo and serve with lemon wedges.

**TIP:** For the low-calorie version, just use **1/2 the dill parsley mayo**.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
lemon	1	2
garlic	1 clove	2 cloves
chicken breast	1 packet	1 packet
salt*	¼ tsp	½ tsp
dill & parsley mayonnaise	1 tub (50 g)	1 tub (100 g)
roasted almonds	1 packet	2 packets
tomato	1	2
cucumber	1	2
pita pockets	2	4
vinegar* (white wine or balsamic)	1 tbs	2 tbs
mixed salad leaves	1 bag (60 g)	1 bag (120 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (548Cal)	596kJ (142Cal)
Protein (g)	42.4g	11.0g
Fat, total (g)	31.0g	8.0g
- saturated (g)	5.1g	1.3g
Carbohydrate (g)	22.6g	5.9g
- sugars (g)	4.9g	1.3g
Sodium (g)	208mg	54mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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