

GREEK-STYLE CHICKEN

with Pita Bread Salad & Dill Parsley Mayo





Add crunch to a salad with crisp pita bread!









Pita Pockets



Mayonnaise



Roasted Almonds



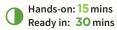


Cucumber



Leaves

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





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!

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.



Technical Preparation Technical Preparation



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.



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.



A 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!



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!



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!

4 PEOPLI

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

IUTRITION	PER SERVING	PER 100G
nergy (kJ)	2290kJ (548Cal)	596kJ (142Cal)
rotein (g)	42.4g	11.0g
at, total (g)	31.0g	8.0g
saturated (g)	5.1g	1.3g
arbohydrate (g)	22.6g	5.9g
sugars (g)	4.9g	1.3g
odium (g)	208mg	54mg

For allergens and ingredient information, visit **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

Hello@HelloFresh.com.au

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