



Greek-Style Chicken & Panini Crouton Salad

with Zesty Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Lemon



Wholemeal Panini



Garlic & Herb Seasoning



Dill & Parsley Mayonnaise



Flaked Almonds



Tomato



Cucumber



Mixed Salad Leaves

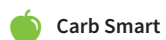


Chicken Thigh



Chicken Breast

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



Carb Smart

Eat Me Early

We love a salad studded with panini croutons 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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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 sachet	1 sachet
chicken thigh	1 packet	1 packet
dill & parsley mayonnaise	1 medium packet	1 large packet
flaked almonds	1 packet	2 packets
tomato	1	2
cucumber	1 (medium)	1 (large)
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2692kJ (643Cal)	617kJ (147Cal)
Protein (g)	36.6g	8.4g
Fat, total (g)	39.9g	9.1g
- saturated (g)	7.4g	1.7g
Carbohydrate (g)	31.4g	7.2g
- sugars (g)	8.2g	1.9g
Sodium (mg)	873mg	200mg
Dietary Fibre (g)	6.4g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2412kJ (576Cal)	553kJ (132Cal)
Protein (g)	40.8g	9.3g
Fat, total (g)	30.6g	7g
- saturated (g)	4.5g	1g
Carbohydrate (g)	31.4g	7.2g
- sugars (g)	8.2g	1.9g
Sodium (mg)	857mg	196mg
Dietary Fibre (g)	6.4g	1.5g

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



2023 | CW02



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 **chicken thigh** 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.

Custom Recipe: Preheat oven to 200°C/180°C fan-forced if you have swapped to chicken breast.



Bake the croutons

- While the chicken is baking, combine **panini croutons**, a drizzle of **olive oil** and season with **salt** and **pepper** in a second medium bowl.
- When the chicken has **5 minutes** remaining, add **croutons** to one side of the tray and bake for **4-5 minutes**.
- While the panini is baking, in a third medium bowl, add a drizzle of **vinegar** and season with **salt** and **pepper**. Add **tomato**, **cucumber**, **mixed salad leaves** and **toasted almonds** to the bowl and toss to coat. Just before serving, add **croutons** to the **salad** and toss to coat.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned, **2 minutes** each side. Transfer **chicken** to a lined oven tray and bake until cooked through, **12-14 minutes**.
- Meanwhile, wipe out frying pan and return to medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Remove from heat. Roughly chop **tomato** and **cucumber**.

Custom Recipe: Season chicken breast on both sides. Heat frying pan as above. Cook chicken until browned, 2 minutes each side. Transfer chicken to a lined oven tray and bake until cooked through, 8-12 minutes.



Serve up

- Thickly slice chicken. Divide panini crouton salad and Greek-style chicken between bowls.
- Drizzle with zesty dill-parsley mayo and serve with any remaining lemon wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate