



# Chimichurri Chicken Salad

with Feta Cheese

Calorie Smart

30 Minutes



Chicken Breasts



Parsley



Cilantro



Red Onion



Lemon



Kale, chopped



Feta Cheese, crumbled



Roma Tomato



Sweet Bell Pepper



Smoked Paprika-Garlic Blend

HELLO CILANTRO

*This versatile herb has a citrusy twist!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, microplane/zester, measuring spoons, large bowl, parchment paper, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Parsley	7 g	14 g
Cilantro	7 g	14 g
Red Onion	56 g	113 g
Lemon	1	2
Kale, chopped	113 g	227 g
Feta Cheese, crumbled	¼ cup	½ cup
Roma Tomato	160 g	320 g
Sweet Bell Pepper	160 g	320 g
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Sugar*	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

## Contact

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## 1 Prep

Zest, then juice **lemon**. Roughly chop **parsley** and **cilantro**. Cut **tomatoes** into ½-inch pieces. Core, then cut **pepper** into ½-inch pieces. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).



## 4 Make salad

While **chicken** bakes, whisk together **remaining lemon zest** and **juice**, **½ tbsp sugar** and **½ tbsp oil** (dbl both for 4 ppl) in the large bowl (from step 2). Add **kale** and massage. Add **tomatoes** and **peppers**, then toss to coat. Season with **salt** and **pepper**.



## 2 Make chimichurri

Combine **parsley**, **cilantro**, **onions**, **half the lemon zest** and **half the juice**, **half the Smoked Paprika-Garlic Blend**, and **½ tbsp oil** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**.



## 5 Finish and serve

Thinly slice **chicken**. Divide **salad** between plates. Top with **sliced chicken**. Sprinkle **feta** over top.

## Dinner Solved!



## 3 Cook chicken

Pat **chicken** dry with paper towels. Season with **remaining Smoked Paprika-Garlic Blend**, **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear, until golden-brown, 1-2 min per side. Transfer to a parchment-lined baking sheet. Top each **breast** with **chimichurri**. Bake in the **middle** of the oven, until cooked through, 10-12 min.\*\*