



Greek-Inspired Chicken Salad

with Olives and Feta

30 Minutes



Chicken Tenders



Chicken Breasts



Baby Spinach



Roma Tomato



Green Bell Pepper



Garlic Salt



Mayonnaise



Feta Cheese, crumbled



Mixed Olives



White Wine Vinegar



Mediterranean Spice Blend

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO FETA

A salty, briny cheese with a crumbly texture!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Chicken Breasts*	2	4
Baby Spinach	113 g	227 g
Roma Tomato	80 g	160 g
Green Bell Pepper	200 g	400 g
Garlic Salt	1 tsp	2 tsp
Mayonnaise	2 tbsp	4 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Mixed Olives	30 g	30 g
White Wine Vinegar	1 tbsp	2 tbsp
Mediterranean Spice Blend	½ tbsp	1 tbsp
Sugar*	¼ tsp	½ tsp
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 the website or app for the as-prepared recipe nutritional information.

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

Contact

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Prep

- Core, then cut **pepper** into ½-inch pieces.
- Cut **tomato** into ½-inch pieces.
- Drain, then roughly chop **olives**.



Marinate chicken

- Pat **chicken** dry with paper towels.
- Add **chicken, garlic salt, ½ tbsp oil** (dbl for 4 ppl) and **half the Mediterranean Spice Blend** (use all for 4 ppl) to a medium bowl. Toss to coat. Set aside.

If you've opted to get **chicken breasts**, cut **chicken** into ½-inch strips, then prepare and cook it in the same way the recipe instructs you to prepare and cook the **chicken tenders**.



Make dressing

- Add **mayo, vinegar, ¼ tsp sugar** (dbl for 4 ppl) and **half the feta** to a large bowl.
- Season with **salt and pepper**, then whisk to combine. Set aside.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, flipping occasionally, until cooked through, 4-5 min. **



Toss salad

- Add **spinach, peppers and tomatoes** to the large bowl with **dressing**. Toss to combine.



Finish and serve

- Divide **salad** between plates. Top with **chicken**.
- Sprinkle **olives** and **remaining feta** over top.

Dinner Solved!