



# Greek-Inspired Chicken Salad

with Olives and Feta

30 Minutes



Issue with your meal?  
Scan the QR code to  
share your feedback.



-  Chicken Tenders
-  Chicken Breasts
-  Baby Spinach
-  Roma Tomato
-  Mini Cucumber
-  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.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## 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	95 g	190 g
Mini Cucumber	132 g	264 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.

1



## Prep

- Slice **cucumbers** into ¼-inch rounds.
- Cut **tomato** into ½-inch pieces.
- Drain, then roughly chop **olives**.

2



## Marinate chicken

- Pat **chicken** dry with paper towels.
- Add **chicken, garlic salt, ½ tbsp** (1 tbsp) **oil** 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**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders**, then increase the cook time to 5-7-min per side.\*\*

3



## Make dressing

- Add **mayo, vinegar, ¼ tsp** (½ tsp) **sugar** and **half the feta** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine. Set aside.

4



## Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Cook, flipping occasionally, until cooked through, 4-5 min.\*\*

5



## Toss salad

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

6



## Finish and serve

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

## Dinner Solved!



Issue with your meal?  
Scan the QR code to  
share your feedback.