



# Mediterranean-Style Chicken

with Dill-Garlic Roasted Wedges and Spring Mix-Tomato Salad

30 Minutes



Chicken Thighs



Chicken Breasts



Russet Potato



Roma Tomato



Spring Mix



Feta Cheese,  
crumbled



Italian Dressing



Mediterranean Spice  
Blend



Dill-Garlic 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 CHEESE

*A salty, briny cheese with a crumbly texture!*

## Start here

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

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

## Bust out

2 Baking sheets, measuring spoons, aluminum foil, large bowl, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Russet Potato	460 g	920 g
Roma Tomato	160 g	320 g
Spring Mix	56 g	113 g
Feta Cheese, crumbled	¼ cup	½ cup
Italian Dressing	2 tbsp	4 tbsp
Mediterranean Spice Blend	½ tbsp	1 tbsp
Dill-Garlic Spice Blend	1 tsp	2 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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## Roast potatoes

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes** and **1 tbsp oil** to an unlined baking sheet. Season with **Dill-Garlic Spice Blend, salt** and **pepper**. Toss to coat. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



## Roast chicken

- Transfer **chicken** to a foil-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 10-12 min. \*\*



## Season chicken

- Meanwhile, pat **chicken** dry with paper towels.
- Sprinkle **half the Mediterranean Spice Blend** (use all for 4 ppl) over **chicken**, then season with **salt** and **pepper**.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook **chicken thighs**. \*\*



## Make salad

- Meanwhile, cut **tomatoes** into ¼-inch pieces.
- Add **spring mix, tomatoes, dressing** and **half the feta** to a large bowl, then toss to combine.



## Sear chicken

- Heat a large non-stick pan over medium heat.
- When hot, add ½ **tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Sear until golden-brown, 2-3 min per side.



## Finish and serve

- Thinly slice **chicken**.
- Divide **chicken, wedges** and **salad** between plates.
- Sprinkle **remaining feta** over **salad**.

## Dinner Solved!