



MY BIG FAT GREEK CHICKEN SALAD

with Marinated Veggies & Feta

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Tomato



1 | 1
Shallot



1 | 2
Mini Cucumber



1 | 2
Baby Lettuce



5 tsp | 10 tsp
Red Wine Vinegar



2 tsp | 4 tsp
Dijon Mustard



1.5 oz | 3 oz
Greek Vinaigrette Dressing
Contains: Eggs, Milk



1 TBSP | 2 TBSP
Tuscan Heat Spice



10 oz | 20 oz
Chicken Cutlets



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HELLO

TUSCAN HEAT SPICE

Our blend of aromatic herbs also packs a pinch of peppery hot pizzazz.

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 580



FLAVOR SAVER

You'll marinate the veggies in Step 2 to not only infuse the tomatoes with flavor and mellow the bite of the raw shallot, but also to make your salad dressing. Less food waste, more flavor!

BUST OUT

- Medium bowl
- Paper towels
- Whisk
- Large pan
- Kosher salt
- Black pepper
- Olive oil (2 TBSP | 4 TBSP)
- Sugar (1 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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*Chicken is fully cooked when internal temperature reaches 165°.



1 PREP

- Wash and dry produce.
- Dice **tomato** into ½-inch pieces. Halve, peel, and thinly slice **shallot**. Trim and halve **cucumber** lengthwise; slice crosswise into ¼-inch-thick half-moons. Trim and discard root end from **lettuce**; chop leaves into bite-size pieces.



3 COOK CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **remaining Tuscan Heat Spice, salt, and pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Transfer to a cutting board.



2 MARINATE VEGGIES

- In a medium bowl, whisk together **vinegar, mustard, Greek vinaigrette, ¼ tsp Tuscan Heat Spice, 2 TBSP olive oil, and 1 tsp sugar**. (For 4 servings, use ½ tsp Tuscan Heat Spice, 4 TBSP olive oil, and 2 tsp sugar.) Season with **salt and pepper**.
- Add **tomato** and as much **shallot** as you like to bowl with **dressing**; toss to combine. Set aside to marinate.



4 FINISH & SERVE

- Dice **chicken** into 1-inch pieces.
- Add chicken, **cucumber**, and **lettuce** to bowl with **tomato and shallot**. Toss to combine.
- Divide **salad** between plates. Drizzle with any **remaining dressing** from bowl. Top with **feta** and serve.

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