



Mediterranean Style Chicken and Avocado Sunshine Salad with Roasted Pepper, Greek Style Cheese and Pesto Drizzle

40A

Customised 30-35 Minutes • 2 of your 5 a day



Potatoes



Bell Pepper



British Chicken Breasts



Baby Cucumber



Avocado



Cider Vinegar



Baby Leaf Mix



Greek Style Salad Cheese



Pumpkin Seeds



Pesto

CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.

Happy cooking!

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--------------------------------------|-----------|-----------|-----------|
| Potatoes | 450g | 700g | 900g |
| Bell Pepper*** | 1 | 2 | 2 |
| British Chicken Breasts** | 2 | 3 | 4 |
| Baby Cucumber** | 1 | 2 | 2 |
| Avocado | 1 | 2 | 2 |
| Cider Vinegar 14) | 30ml | 45ml | 60ml |
| Baby Leaf Mix** | 50g | 70g | 100g |
| Greek Style Salad Cheese** 7) | 50g | 75g | 100g |
| Pumpkin Seeds | 15g | 30g | 30g |
| Pesto** 7) | 32g | 48g | 64g |
| Pantry | 2P | 3P | 4P |
| Sugar* | 2 tsp | 3 tsp | 4 tsp |
| Olive Oil for the Dressing* | 2 tbsp | 3 tbsp | 4 tbsp |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| Typical Values | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 701g | 100g |
| Energy (kJ/kcal) | 3395 /811 | 485 /116 |
| Fat (g) | 42.5 | 6.1 |
| Sat. Fat (g) | 11.3 | 1.6 |
| Carbohydrate (g) | 59.4 | 8.5 |
| Sugars (g) | 11.6 | 1.7 |
| Protein (g) | 53.2 | 7.6 |
| Salt (g) | 1.61 | 0.23 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 1cm chunks (no need to peel) and pop them onto a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 25-35 mins. Turn halfway through.

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



Get Dressed

In a large bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts).

Season with **salt** and **pepper**, then set your **dressing** aside.



Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken** into the pan and season with **salt** and **pepper**. Cook until browned, 5 mins each side.

Once browned, lay the **chicken** onto another baking tray. Add the **sliced pepper**, drizzle with a little more **oil** and roast on the top shelf of your oven until cooked through, 15-20 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. It's cooked when no longer pink in the middle.



Mix your Salad

When the **potatoes**, **pepper** and **chicken** have roasted, remove them from the oven and allow to cool a little.

Once cooled, add the **roasted veg** to the **dressing** bowl with the **chopped cucumber** and **baby leaves**. Toss together, then taste and add more **salt** and **pepper** if needed.

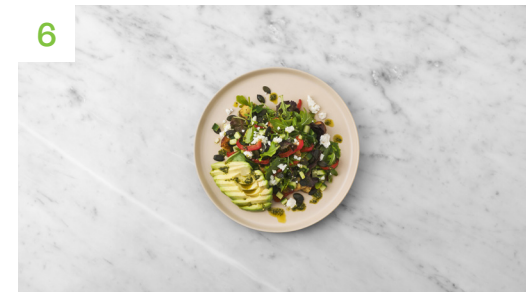
Pop the **chicken** onto a chopping board and slice widthways into 1cm thick slices.



Finish the Veg Prep

Meanwhile, trim the **baby cucumber**, then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto your board, face-down. Slice lengthways into 1cm thick slices - you'll fan it out later.



Finish and Serve

Share the **salad** between your serving bowls, then crumble over the **Greek style salad cheese** and sprinkle with the **pumpkin seeds**.

Fan the **sliced avocado** out on top of the **salad**, top with the **sliced chicken** and finish by drizzling over the **pesto**. **TIP:** Mix the pesto with a little olive oil to get a more drizzling consistency if you'd like.

Enjoy!