



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

40B

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



Potatoes



Bell Pepper



British Chicken Breasts



Diced Chorizo



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

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
Diced Chorizo**	60g	90g	120g
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
Oil for Cooking*	2 tbsp	3 tbsp	4 tbsp
Sugar*	2 tsp	3 tsp	4 tsp

*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	731g	100g
Energy (kJ/kcal)	3947 /943	540 /129
Fat (g)	53.3	7.3
Sat. Fat (g)	15.3	2.1
Carbohydrate (g)	60.3	8.3
Sugars (g)	11.8	1.6
Protein (g)	60.7	8.3
Salt (g)	3.34	0.46

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

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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

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.

In a large bowl, combine the **cider vinegar**, **sugar** (see pantry for amount) and the **chorizo** and its **oil**.

Taste and season with **salt** and **pepper** if you feel it needs it, 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.

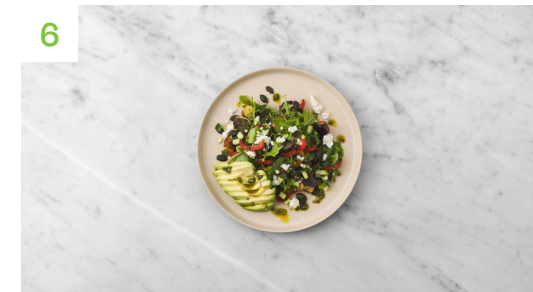
Pop the **chicken** onto a chopping board and slice widthways into 1cm thick slices.



Crisp up the Chorizo

Wipe out the pan, then pop it back on medium-high heat with the **oil for cooking** (see pantry for amount).

Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins. Once cooked, pop it in a large bowl with the **oil** from the pan (this is for your dressing).



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!