

Garlicky Greek Chicken & Halloumi Mezze Platter

with Roasted Courgette, Dips & Flatbreads

Grab your meal kit with this number

15



Courgette



Flavoured Halloumi



Cucumber



Carrot



Parsley



Lemon



Garlic Dip



Greek-Style Yoghurt



Chilli Flakes (Optional)



Chicken Breast



Garlic & Herb Seasoning



Dried Oregano



Flatbreads



Chargrilled Capsicum Relish

Prep in: 15-25 mins
Ready in: 30-40 mins

Eat Me Early

Dive into Mediterranean magic with this protein-packed mezze platter, bursting with delicious garlicky chicken, veggies and honey-glazed halloumi cheese! Perfect for sharing (or not), this dish turns any meal into a festive feast.

Pantry items

Olive Oil, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	6-8 People
olive oil*	refer to method
courgette	2
flavoured halloumi	1 medium packet
cucumber	1 medium
carrot	1
parsley	1 bag
lemon	1
garlic dip	1 medium packet
Greek-style yoghurt	1 medium packet
chilli flakes 🌶️ (optional)	pinch
honey*	1 tsp
chicken breast	1 medium packet
garlic & herb seasoning	1 medium sachet
dried oregano	1 sachet
flatbreads	2
chargrilled capsicum relish	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2385kJ (570Cal)	522kJ (125Cal)
Protein (g)	35.1g	7.7g
Fat, total (g)	31.8g	7g
- saturated (g)	10.2g	2.2g
Carbohydrate (g)	35g	7.7g
- sugars (g)	11.3g	2.5g
Sodium (mg)	1251mg	274mg
Dietary Fibre (g)	10.3g	1.1g

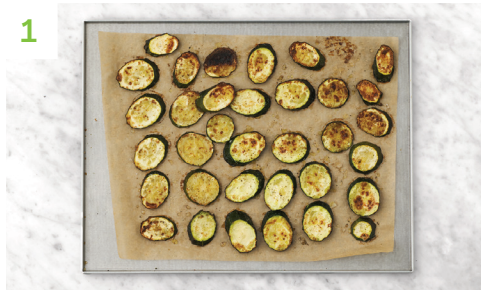
The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the courgette

- Preheat oven to **240°C/220°C fan-forced**. Slice **courgette** into rounds.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

4



Cook the chicken

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin **steaks**.
- In a medium bowl, combine **chicken, garlic & herb seasoning, dried oregano** and a drizzle of **olive oil**.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken steaks** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

TIP: The chicken is cooked when it is no longer pink inside.

2



Get prepped

- Cut **halloumi** into 1cm slices. Slice **cucumber** and **carrot** into sticks. Finely chop **parsley**. Zest **lemon** and slice into wedges.
- In a small serving bowl, combine **garlic dip** and **Greek-style yoghurt**. Season with **salt** and **pepper**.
- In a second small serving bowl, combine **parsley**, a pinch of **chilli flakes** (if using), **lemon zest**, a squeeze of **lemon juice** and a generous drizzle of **olive oil**.

5



Bake the flatbreads

- Place **flatbreads** on a second lined oven tray. Drizzle each with **olive oil** and season with **salt**.
- Bake until warmed through, **4-7 minutes**.

3



Cook the halloumi

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **halloumi**, until golden brown, **1-2 minutes** each side.
- Remove pan from heat, add **honey** and turn to coat. Transfer to a plate.

6



Serve up

- Slice chicken. Transfer **chargrilled capsicum relish** to a serving bowl.
- Take everything to the table. Drizzle parsley mixture over courgette. Serve with remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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