

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 mins
Ready in: 30 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

	4 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 (124Cal)
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)	5.1g	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: Chicken is cooked through when it's 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 the **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 chicken and 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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