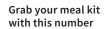


# Garlicky Greek Chicken & Halloumi Mezze Platter

with Roasted Courgette, Dips & Flatbreads

















Carrot

Cucumber





Lemon



Garlic Dip





Chilli Flakes (Optional)



Chicken Breast



Garlic & Herb Seasoning



**Dried Oregano** 



Flatbreads



Chargrilled Capsicum Relish

Prep in: 15 mins Ready in: 30 mins



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
* Danton: Itama	

#### \*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.



## 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.



# 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.



#### 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.



#### 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.



### Bake the flatbreads

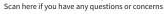
- Place flatbreads on a second lined oven tray.
  Drizzle each with olive oil and season with salt.
- Bake until warmed through, 4-7 minutes.



### 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!







#### Rate your recipe