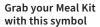
# Easy Lemon Pepper Chicken with Sesame Potato Chunks & Crumbly Cheese Salad











Potato









Cucumber



Chicken Breast



Lemon Pepper Spice Blend



Mixed Salad Leaves



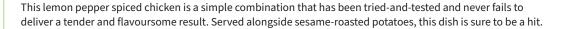
Greek Salad Cheese/ Feta Cheese

Hands-on: 15-25 mins Ready in: 30-40 mins

Calorie Smart



Eat me early





Olive Oil, Honey, Balsamic Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	3	6	
sesame seeds	1 sachet	1 sachet	
lemon	1/2	1	
garlic	2 cloves	4 cloves	
cucumber	1 (medium)	1 (large)	
tomato	1	2	
chicken breast	1 packet	1 packet	
lemon pepper spice blend	1 sachet	1 sachet	
honey*	1 tbs	2 tbs	
balsamic vinegar*	drizzle	drizzle	
mixed salad	1 bag	1 bag	
leaves	(30g)	(60g)	
Greek salad cheese/ feta cheese	<b>½ block</b> (50g)	1 block (100g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2123kJ (507Cal)	361kJ (86Cal)
Protein (g)	39.8g	6.8g
Fat, total (g)	19.1g	3.2g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	39.7g	6.8g
- sugars (g)	11g	1.9g
Sodium (mg)	352mg	60mg

The quantities provided above are averages only.

## **Allergens**

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

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



# Bake the potato chunks

Preheat the oven to 240°C/220°C fan-forced. Cut the potato into bite-sized chunks. Place the potato, sesame seeds and a drizzle of olive oil on a lined oven tray. Season with salt and pepper. Toss to coat, then bake until tender, 20-25 minutes. Meanwhile, zest the lemon to get a pinch, then slice into wedges. Finely chop the garlic. Thinly slice the cucumber into half-moons. Slice the tomato into thin wedges.



#### Toss the salad

In a medium bowl, combine a drizzle of **olive oil** and **balsamic vinegar**. Add the **cucumber**, **tomato** and **mixed salad leaves**. Season and toss to coat. Set aside. Add a squeeze of **lemon juice** and the **lemon zest** to the sesame **potato** chunks and toss to combine.

**TIP:** Omit the lemon zest from the potato if you're not a fan!



#### Cook the chicken

Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Add the **lemon pepper spice blend** and **garlic** to the chicken and cook, stirring, until fragrant, **1-2 minutes**. Remove from the heat, then add a squeeze of **lemon juice** and the **honey**. Season and toss until well coated, **30 seconds**.

**TIP:** The chicken is cooked through when it's no longer pink inside.



## Serve up

Divide the lemon pepper chicken, sesame potato chunks and salad between plates. Crumble the **cheese** (see ingredients) over the salad. Serve with any remaining lemon wedges.

# Enjoy!