



Greek-Style Chicken & Lemon Pepper Fries

with Garden Salad & Tzatziki

Grab your Meal Kit with this symbol



Potato



Lemon Pepper Spice Blend



Garlic



Cucumber



Tomato



Parsley



Cos Lettuce



Lemon



Garlic & Herb Seasoning



Chicken Breast Strips



Yoghurt

Hands-on: 35-45 mins Low Calorie
 Ready in: 40-50 mins

Eat me early

Garlicky and tender Greek chicken strips are topped off with this incredibly refreshing tzatziki and side of herbed fries. With a crisp cos salad to finish, you won't know which bit to eat first!

Pantry items

Olive Oil

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
lemon pepper spice blend	1 sachet	2 sachets
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
tomato	1	2
parsley	1 bunch	1 bunch
cos lettuce	½ head	1 head
lemon	½	1
garlic & herb seasoning	1 sachet	2 sachets
chicken breast strips	1 packet	1 packet
yoghurt	1 packet (100g)	1 packet (150g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2180kJ (520Cal)	342kJ (82Cal)
Protein (g)	44.6g	7.0g
Fat, total (g)	19.0g	3.0g
- saturated (g)	5.3g	0.8g
Carbohydrate (g)	38.4g	6.0g
- sugars (g)	10.9g	1.7g
Sodium (mg)	723mg	113mg

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries and **lemon pepper spice blend** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



2. Get prepped

While the fries are baking, finely chop the **garlic** (or use a garlic press). Grate **1/2** the **cucumber** and use a paper towel or clean cloth to squeeze out the excess water. Roughly chop the **tomato**, **parsley** leaves and **remaining cucumber**. Shred the **cos lettuce** (see ingredients list) to get a **good pinch**, then slice into wedges. In a large bowl, combine the **garlic & herb seasoning**, **lemon zest**, a **drizzle of olive oil** and a **pinch of pepper**. Add the **chicken breast strips** and toss to coat.



3. Make the tzatziki

In a large frying pan, heat **olive oil (1 tbs for 2 people / 2 tbs for 4 people)** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a small bowl and allow to cool for **5 minutes**. Add the **yoghurt**, a **squeeze of lemon juice** and the grated **cucumber** to the **garlic oil mixture** and whisk to combine. Season to taste with **salt** and **pepper**. Set aside.



4. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add **1/2** the **chicken** and cook until browned and cooked through, **3-4 minutes** each side. Transfer to a plate to rest. Repeat with the **remaining chicken**.

TIP: The chicken will char slightly in the pan, this adds to the flavour!

TIP: Chicken is cooked through when it's no longer pink inside.



5. Make the salad

While the chicken is cooking, combine a **squeeze of lemon juice**, a **small drizzle of olive oil** and a **pinch of salt** and **pepper** in a large bowl. Just before serving, add the **tomato**, **remaining cucumber** and **cos lettuce**. Toss to coat.



6. Serve up

Thickly slice the chicken. Add a good squeeze of lemon juice to the fries and toss to coat. Divide the lemon pepper fries between plates and serve with the Greek-style chicken and garden salad. Dollop over the tzatziki and serve with any remaining lemon wedges. Garnish with the parsley.

Enjoy!