



# Mediterranean Chicken and Potato Salad

with cucumber and tomatoes

20 – 25 mins

20



Irish Chicken Breast



Baby Potatoes



Cucumber



Salad Leaves



Italian Herbs



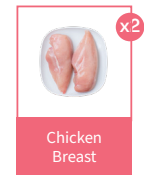
Honey Mustard Dressing



Shallot



Tomato



Chicken Breast

Pantry Items: Salt, Pepper, Water, Oil



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## Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Cooking tools you will need

Colander, pot with lid

## Ingredients

	2P	4P
Irish Chicken Breast	320 g	640 g
Baby Potatoes	500 g	1000 g
Cucumber	1 unit	2 units
Salad Leaves	40 g	80 g
Italian Herbs	½ sachet	1 sachet
Honey Mustard Dressing	2 sachets	4 sachets
Shallot	1 unit	2 units
Tomato	2 units	4 units
Irish Chicken Breast	640 g	1280 g

## Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	338.2 kJ/ 80.8 kcal	394 kJ/ 94 kcal
Fat (g)	2.2 g	3 g
Sat. Fat (g)	0.3 g	0.5 g
Carbohydrate (g)	8.9 g	7.1 g
Sugars (g)	1.7 g	1.4 g
Protein (g)	7.1 g	10.4 g
Salt (g)	0.2 g	0.1 g

See site or app for detailed nutritional info.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

## Contact

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Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



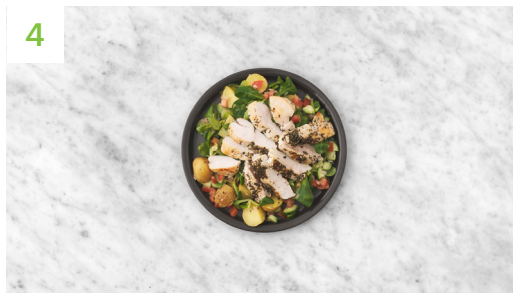
You can recycle me!



### Cook the Potatoes

- Boil a large pot of **salted water** for the **potatoes**.
- Halve the **baby potatoes** (quarter larger **potatoes**). When boiling, add the **potatoes** to the **water**, lower the heat to medium and cook until fork tender, 15-20 mins.
- Once cooked, drain and rinse under cold water to ensure they cool completely.

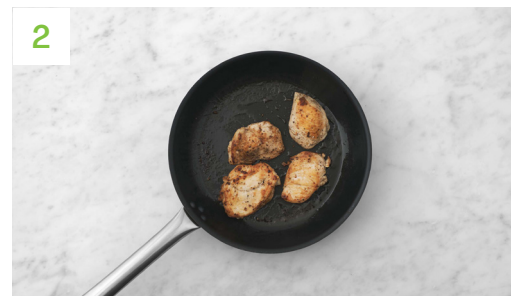
**TIP:** *If you're in a hurry you can boil the water in your kettle.*



### Finish and Serve

- Cut the **chicken** into thin strips.
- Divide the salad between plates and top with the herby **chicken**.

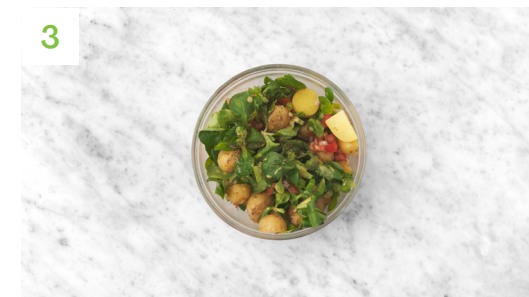
### Enjoy!



### Fry the Chicken

- Slice through each **chicken breast** horizontally to make two thin **steaks**.
- Place a large pan over medium-high heat with a drizzle of **oil**. When hot, add the **chicken** and season with **half** a sachet of **Italian herbs** (per 2P), **salt** and **pepper**.
- Cook through, 3-6 mins each side. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

**TIP:** *Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.*



### Prep the Veg

- Halve, peel and chop the **shallot** very finely.
- Cut the **tomatoes** into 2cm chunks.
- Trim the **cucumber** and quarter lengthways. Thinly slice widthways.
- Add the **potatoes**, **tomato**, **cucumber**, **shallot** and **salad leaves** to a large bowl.
- Mix through the **honey mustard dressing** and season to taste with **salt** and **pepper**.