



Everything  
But The Chef

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## Warm Green Goddess Chicken Salad

This gorgeous warm green salad was so heavenly we just had to call it green goddess. This bowl has everything: a zesty minted yoghurt with the intriguing addition of tarragon, robust greens and delicious golden almonds. If you thought salad had to be boring or leave you hungry, this vibrant blend of scrumptious seasonal snippets will change your mind. It's time to taste the divine – is that a halo above your head?

**Prep:** 15 mins  
 **Cook:** 15 mins  
**Total:** 30 mins

**high protein**

**level 1**

**low sodium**

### Pantry Items



Olive Oil



Yoghurt



Mint



Tarragon



Lemon



Potatoes



Zucchini



Chicken Breast



Almonds

2P	4P	Ingredients
400 g	800 g	potatoes, unpeeled & cut into 2 cm pieces
1	2	zucchini, peeled into ribbons
2 tsp	1 tbs	olive oil *
1 fillet	2 fillets	chicken breast
1 tub	2 tubs	yoghurt
½ bunch	1 bunch	mint, roughly chopped
1 bunch	2 bunches	tarragon, roughly chopped
½	1	lemon, zested & juiced
¼ cup	½ cup	almonds

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	1920	Kj
Protein	31.2	g
Fat, total	18.9	g
-saturated	3.7	g
Carbohydrate	36.2	g
-sugars	9	g
Sodium	96	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chef's knife, chopping board, vegetable peeler, zester, blender, large saucepan, colander, oven proof frying pan, two forks and a large bowl.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Place the **potatoes** in a large saucepan and cover with water. Place over a medium-high heat and bring to the boil and cook for **15 minutes** or until tender. Place the **zucchini** into the base of a colander and drain the potatoes over the zucchini (the heat of the potatoes will soften the zucchini).



**3** Meanwhile, heat the **olive oil** in a medium ovenproof frying pan over a medium heat. Add the **chicken breast fillet** and cook for **2 minutes** on each side. Transfer the frying pan to the oven for **10 minutes** or until the chicken is cooked through. Cool slightly and shred into pieces using two forks.

**4** While the chicken is in the oven, place the **yoghurt, mint, tarragon, lemon zest** and **juice** in a blender and blend until smooth. Season to taste with **salt** and **pepper**. If you don't have a blender you can just stir finely chopped herbs through the yoghurt and lemon. Set aside.



**5** Combine the potatoes, zucchini, chicken, **almonds** and green goddess dressing in a large bowl and toss to coat well. Season to taste with salt and pepper.

**6** To serve, divide the chicken salad and enjoy.



**Did you know?** Almonds are technically seeds, not nuts!