



Greek Chicken Salad

with Peppers, Olives & Feta



ca. 20min



2 Servings

Refreshing, light, and full of Mediterranean flavors—this riff on a classic Greek salad makes for the perfect weeknight dinner. Crisp romaine lettuce is the base of the salad along with green bell peppers, Kalamata olives, and cucumbers, and is drizzled with a lemon vinaigrette. The salad is topped with lean pan seared chicken breast, crumbled feta and fresh dill.

What we send

- 1 lemon
- garlic
- 12 oz pkg boneless, skinless chicken breasts
- 1 cucumber
- 1 green bell pepper
- 1 romaine heart
- ¼ oz fresh dill
- 1 oz Kalamata olives
- 1.4 oz feta cheese ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- medium skillet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 540kcal, Fat 34g, Carbs 14g, Protein 46g



1. Make lemon dressing

Finely grate **¼ teaspoon lemon zest** into a small bowl. Squeeze **1 tablespoon lemon juice** into a large bowl. Finely chop **½ teaspoon garlic**. Into lemon juice, whisk garlic, **3 tablespoons oil**, and season with **¼ teaspoon salt** and **a few grinds of pepper**.



4. Season goat cheese

Add goat cheese to small bowl with lemon zest, and season with a pinch each salt and pepper. Pick **half of the dill fronds** from stems, then finely chop fronds (save rest for own use).



2. Brown chicken

Pat **chicken** dry, then season with **½ teaspoon salt** and **a few grinds pepper**. Heat **2 teaspoons oil** in a medium skillet over medium-high. Transfer chicken to skillet, and cook, until lightly browned and cooked through, 3-4 minutes per side. Transfer cooked chicken to the bowl with **lemon dressing**, turning to coat.



5. Toss salad

Transfer **chicken** to cutting board. Add **lettuce, cucumbers, peppers, olives** (remove pits, if necessary), and **half each of the goat cheese and dill** to bowl with **lemon dressing**. Toss gently to coat, then season to taste with **salt** and **pepper**.



3. Prep vegetables

Trim ends from **cucumber**, then halve lengthwise, and slice into thin half-moons. Halve **pepper**, remove stem, core, and seeds, then cut into ¼-inch pieces. Thinly slice **lettuce** crosswise, discarding end.



6. Serve

Serve **salad** topped with **chicken** and **remaining goat cheese and chopped dill**. Enjoy!