



NUTRITION *per serving* 19g carbohydrates 31g fat 50g protein 983mg sodium | CONTAINS dairy | calorie-conscious, carb-conscious



Calories
545



Prep & Cook Time
20-30 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy



STAFF PICK

Greek Chicken Salad

with feta-oregano dressing

IN YOUR BOX

- 4 Oregano Sprigs
- 2 Boneless Skinless Chicken Breasts
- 1 English Cucumber
- 1 Romaine Heart
- 2 oz. Pitted Kalamata Olives
- 1 Roma Tomato
- 2 oz. Feta Cheese
- 1 fl. oz. Sherry Vinegar

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- 2 Mixing Bowls
- Medium Non-Stick Pan

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BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Thoroughly rinse produce and pat dry

WHILE YOU COOK

- ❑ **Heads Up! Oregano** is used three times. Half is added to **marinade** for chicken, most of remaining is added to **dressing**, and a pinch garnishes dish.
- ❑ **Heads Up! Feta** is used twice. Half is added to **dressing** and remaining tops **salad**.
- ❑ **Heads Up! Dressing** is used twice. 2 tsp. dresses **shredded chicken** and remaining dresses entire **salad**.

FROM THE CHEF

Rub, then chop: rubbing oregano leaves between your fingers activates their aromatic essential oils and extracts even more flavor.

Did you know...

The Greek salad as we know is more American than Greek; typically, Greek salads in Greece do not include lettuce. In fact, American Greek salads even have their own regional variations. Greek salads in Detroit often include beets, and Tampa Bay area Greek salads are often served with potato salad.



Marinate the Chicken

Stem and coarsely chop **oregano**. Add **half the oregano** (reserve remaining for dressing and garnish) to a medium mixing bowl and mix with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Rinse **chicken breasts** and pat dry. Add chicken to bowl and toss to coat. Marinate at least 10 minutes. While chicken marinates, prepare ingredients.



Prepare the Ingredients

Trim **cucumber**, halve lengthwise, and cut on an angle into ¼" half-moons. Hold **romaine** head at root end and chop coarsely. Rinse **olives** and halve lengthwise. Halve **Roma tomato** lengthwise and slice halves into ¼" half-moons.



Make the Dressing

In another medium mixing bowl, combine **half the feta** (reserve remaining to top salad) and **sherry vinegar**. Crush feta into a coarse mash. Whisk in remaining **oregano** (reserve a pinch for garnish) and 2 Tbsp. **olive oil** and season with a pinch of **salt and pepper**.



Cook the Chicken

Heat 1 tsp. **olive oil** in a medium non-stick pan over medium heat. Add **chicken** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-6 minutes per side. Wash marinade bowl with hot soapy water. Transfer cooked chicken to clean bowl, rest 5 minutes, and shred into bite-size pieces with two forks or your hands. Toss pieces with 2 tsp. **dressing** (reserve remaining for salad).



Toss the Salad

Add **cucumbers, romaine, olives, tomato**, remaining **dressing**, and remaining **feta** to bowl with **chicken** and toss to coat. Taste, and season with a pinch of **salt and pepper** if desired.



Plate the Dish

Serve **salad** on a plate and garnish with remaining **oregano**.