



**Product Spotlight:
Olives**

Olive trees originate from the coast of the Mediterranean Sea and western Asia. One of the oldest known olive trees is on the island of Crete, is about 4000 years old, and still produces olives.



Greek Chicken Gyro Salad

Herby lemon zest chicken strips pan-fried and served over a fresh and crunchy gyro-style salad, with crispy chickpeas and a zingy, dill and shallot dressing.



20 minutes



4 servings



Chicken

Bulk it up!

This meal has intentionally been designed to be quick and light, but if you are looking to bulk it up, serve it with cooked grains such as quinoa, flatbreads or garlic bread.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	54g	21g	27g

FROM YOUR BOX

TINNED CHICKPEAS	400g
LEMON	1
SHALLOT	1
DILL	1 packet
CHICKEN TENDERLOINS	600g
TOMATOES	3
BABY COS LETTUCE	2-pack
OLIVES	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary

KEY UTENSILS

2 frypans

NOTES

Add 1-1 1/2 tsp of honey or sweetener of choice to dressing if desired.

Instead of serving the chicken on top of the salad, you can slice it and toss through the salad.



1. CRISP THE CHICKPEAS

Heat a frypan over medium-high heat with **oil**. Drain chickpeas and pat dry. Add to pan and season with **salt and pepper**. Cook, stirring occasionally, for 4-5 minutes until chickpeas are crispy. Remove to a plate with paper towel.



2. MAKE THE DRESSING

Zest lemon to yield 1 tbsp, set aside. Dice shallot and roughly chop dill fronds. Add to a large bowl along with juice from lemon, **2 tbsp olive oil, salt and pepper** (see notes). Mix to combine.



3. COOK THE CHICKEN

Cut schnitzels in thirds or halves, coat in **oil**, lemon zest, **2 tsp rosemary, salt and pepper**. Heat a second frypan over medium-high heat and add chicken. Cook for 4-5 minutes each side or until cooked through.



4. MAKE THE SALAD

Dice tomatoes and roughly chop the lettuce. Halve olives if desired. Add to bowl with dressing and toss until well combined (see notes).



5. FINISH AND SERVE

Divide salad among plates. Sprinkle over crispy chickpeas and serve with chicken strips.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

