

Chicken Nicoise Salad

with New Potatoes and Mustard Dressing

hellóchef

Enjoy this family friendly of the Côte d'Azur classic!

Cals 652 • Prot 55 • Carbs 83 • Fat 13

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🕒 cook: 30 min

R2110



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salad	2 ppl	3 ppl	4 ppl	
Chicken breast	300	500	600	Grams
New potatoes	500	750	1000	Grams
Organic Eggs 5*	2	3	4	Piece
Green beans	150	250	250	Grams
Olive oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Romaine lettuce	200	300	400	Grams
Cherry tomatoes	150	250	300	Grams
Shallots	1	1	2	Piece
Kalamata olives	40	60	80	Grams
Dressing				
Garlic cloves	1	1	1	Piece
Dijon mustard 13*	6	9	12	Grams
Red vinegar	15	22	30	ML
White balsamic vinegar 14*	15	22	30	ML
Olive oil	4	6	8	Tbsp
Honey	15	15	30	Grams
Dried oregano	2	2	2	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	1	1	Tsp

Allergens

***5 Eggs, *13 Mustard, *14 Sulphur Dioxide**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2726 / 652
Fat (g)	12.8
of which saturates (g)	3.1
Carbohydrate (g)	83
of which sugars (g)	19
Fiber (g)	13.2
Protein (g)	54.6
Salt (g)	1.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil potatoes

Peel the **potatoes** and cook them in salted boiling water for 15-20 min until tender.



2 Boil eggs

Meanwhile, cook the **eggs** in boiling water for 6-7 min or until cooked to your liking. Drain, run under cold water, peel and halve.



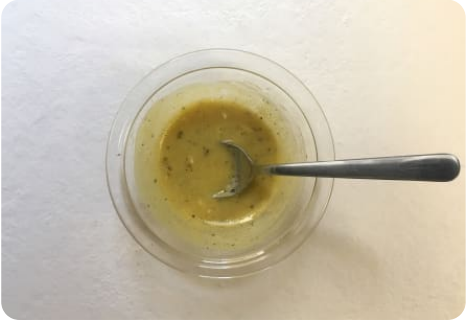
3 Boil green beans

Meanwhile, wash and trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain.



4 Fry chicken

Heat a pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken breasts** with a pinch of **salt** and cook for 5-7 min on either side until golden and cooked through. Season with **black pepper**. Leave to rest for 3 min, then slice.



5 Make dressing

Meanwhile, peel and mince (0.5/0.5/1) **garlic** clove into a bowl or jar (don't like raw **garlic**? Go easy!). Add the **Dijon mustard**, **red** and **white balsamic vinegar**, a generous lug of **olive oil**, the **honey**, a pinch of **oregano** and the **salt** and **pepper**. Whisk or shake until fully combined - this is your **dressing**.



6 Make salad

Rinse and chop the **lettuce** leaves. Chop the **cherry tomatoes**. Peel and finely slice the **shallots**. In a bowl, combine the **lettuce, cherry tomatoes, shallots, green beans, potatoes, olives** and the **dressing**. Toss, and divide among plates. Top with the **chicken** and halved **eggs**.