



# Golden Crumbed Chicken & Cherry Tomato Salad

with Pre-Cut Potato Chunks & Smokey Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Chopped Potato



Aussie Spice Blend



Chicken Tenderloins



Mayonnaise



Herb Crumbing Mix



Snacking Tomatoes



Spinach, Rocket & Fennel Mix



Smokey Aioli



Shredded Cheddar Cheese

Prep in: 10-20 mins  
Ready in: 20-30 mins

Eat Me Early

With some shortcut ingredients and methods, you'll have this crumbed chicken, chopped potatoes and cherry tomato salad whipped up in a jiffy. Serve with some mandatory smoky aioli for some serious dipping.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chopped potato	1 medium bag	2 medium bags
Aussie spice blend	1 medium sachet	2 medium sachets
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
mayonnaise	1 packet (40g)	1 packet (80g)
herb crumbing mix	1 medium packet	1 large packet
snacking tomatoes	1 punnet	2 punnets
spinach, rocket & fennel mix	2 small bags	1 large bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
smokey aioli	1 medium packet	2 medium packets
shredded Cheddar cheese**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2736kJ (654Cal)	482kJ (115Cal)
Protein (g)	46.8g	8.2g
Fat, total (g)	26.4g	4.7g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	54.3g	9.6g
- sugars (g)	7.7g	1.4g
Sodium (mg)	1039mg	183mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3080kJ (736Cal)	524kJ (125Cal)
Protein (g)	51.6g	8.8g
Fat, total (g)	33.4g	5.7g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	54.3g	9.2g
- sugars (g)	7.7g	1.3g
Sodium (mg)	1183mg	201mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Roast the potato chunks

- Preheat oven to **240°C/220°C fan-forced**. Spread **chopped potatoes** over a large microwave-safe plate. Cover with a damp paper towel.
- Microwave **potatoes** on high, **3 minutes**. Drain any excess liquid, then place **potatoes** on a lined oven tray.
- Drizzle with **olive oil**, sprinkle over **Aussie spice blend**, season with **salt** and toss to coat.
- Spread out evenly, then roast until golden and tender, **10-15 minutes**.

**Custom Recipe:** If you've added shredded Cheddar cheese, in the last 5 minutes of cook time, remove tray from oven, sprinkle potatoes with shredded Cheddar cheese and bake until golden and crisp, 5 minutes.

3



## Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat base of pan.
- Cook **chicken** until golden and cooked through (when no longer pink inside), **3-4 minutes** each side. Transfer to a paper towel-lined plate.
- Meanwhile, halve **snacking tomatoes**. Place **spinach, rocket & fennel mix** and **tomato** in a medium bowl. Drizzle with the **vinegar** and **olive oil**. Toss to coat. Season to taste.

**Little cooks:** Take the lead by tossing the salad!

2



## Prep the chicken

- Meanwhile, place **chicken tenderloins** and **mayonnaise** in a medium bowl. Season with **salt** and **pepper**, then stir to coat.
- In a shallow bowl, combine **herb crumbing mix** and a pinch of **salt** and **pepper**.
- Dip each **tenderloin** into the **seasoned crumbing mix**. Set aside on a plate.

**Little cooks:** Help crumb the chicken tenderloins! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers! Make sure to wash your hands well afterwards.

4



## Serve up

- Divide golden crumbed chicken, cherry tomato salad and spiced potato chunks between plates.
- Serve with **smokey aioli**. Enjoy!

## Rate your recipe

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