



Easy Chicken Tenders & Crushed Sweet Potatoes

with Cherry Tomato Salad & Garlic Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Lemon



Garlic Paste



Chicken-Style Stock Powder



Aussie Spice Blend



Chicken Tenderloins



Snacking Tomatoes



Mixed Salad Leaves



Garlic Aioli



Chicken Tenderloins

Recipe Update

Unfortunately, this week's potato was in short supply, so we've replaced it with sweet potato. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins
Ready in: 25-35 mins



Carb Smart*
**Custom recipe is not Carb Smart*

We've put all the much-loved family flavours into one delectable dinner - from the Aussie-spiced chicken to the sweet potatoes spiked with citrus, this dish features everything we're addicted to!

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

Eat Me Early

Pantry items

Olive Oil, Butter, Honey, Balsamic Vinegar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
lemon	½	1
butter*	15g	30g
garlic paste	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
water*	1 tbs	2 tbs
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
snacking tomatoes	1 punnet	2 punnets
honey*	½ tsp	1 tsp
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
chicken tenderloins**	2 small packets	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2505kJ (599Cal)	439kJ (105Cal)
Protein (g)	43.8g	7.7g
Fat, total (g)	32.6g	5.7g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	30.5g	5.3g
- sugars (g)	7.9g	1.4g
Sodium (mg)	1123mg	197mg
Dietary Fibre (g)	6.9g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3220kJ (770Cal)	438kJ (105Cal)
Protein (g)	80.4g	10.9g
Fat, total (g)	35g	4.8g
- saturated (g)	7.7g	1g
Carbohydrate (g)	30.5g	4.1g
- sugars (g)	7.9g	1.1g
Sodium (mg)	1193mg	162mg

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 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



1



Make the crushed sweet potatoes

- Bring a medium saucepan of lightly salted water to the boil. Cut **sweet potato** into large chunks. Cut **lemon** into wedges.
- Cook **sweet potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and set aside.
- Return saucepan to medium-high heat with a drizzle of **olive oil** and the **butter**. Cook half the **garlic paste**, stirring, until fragrant, **1 minute**.
- Add **chicken-style stock powder**, the **water** and a squeeze of **lemon juice**, then bring to the boil. Remove from the heat, return **sweet potato** to pan and toss to coat. Lightly crush **sweet potato**, then cover to keep warm.

TIP: Use as much or little lemon juice as you'd like.

3



Make the salad

- Halve **snacking tomatoes**.
- In a large bowl, combine the **honey** with a drizzle of the **balsamic vinegar** and **olive oil**.
- Add **mixed salad leaves** and **snacking tomatoes**. Toss to combine.

Little cooks: Help toss the salad!

2



Cook the chicken

- While the sweet potato is cooking, combine **Aussie spice blend**, remaining **garlic paste** and a drizzle of **olive oil** in a medium bowl. Add **chicken tenderloins**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** in batches, until browned and cooked through (when no longer pink inside), **3-4 minutes** each side. Transfer to a plate.

Custom Recipe: If you've doubled your chicken tenderloins, coat chicken as above. Cook chicken in batches for the best results!

4



Serve up

- Divide chicken tenders, crushed sweet potatoes and cherry tomato salad between plates. Spoon any resting juices over the chicken.
- Drizzle **garlic aioli** over chicken and serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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