



# Chicken Tenders & Cheesy Garlic Sauce

with Sweet Potato Mash & Sautéed Veggies

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Sweet Potato



Broccoli



Carrot



Garlic



Aussie Spice Blend



Chicken Tenderloins



Light Cooking Cream



Parmesan Cheese



Chicken-Style Stock Powder



Chicken Tenderloins

Prep in: 30-40 mins  
Ready in: 30-40 mins

Quick-cooking chicken tenderloins get a flavour upgrade with our popular Aussie spice blend and a Parmesan and garlic-laced cream sauce. Add some mandatory mash and colourful veggies, and dinner is served!

Eat Me Early

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

### Pantry items

Olive Oil, Butter, Milk

## 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

Large saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
<b>butter*</b>	30g	60g
<b>milk*</b>	2 tbs	¼ cup
broccoli	1 head	2 heads
carrot	1	2
garlic	1 clove	2 cloves
Aussie spice blend	½ medium sachet	1 medium sachet
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
light cooking cream	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2753kJ (657Cal)	374kJ (89Cal)
Protein (g)	56.8g	7.7g
Fat, total (g)	32.5g	4.4g
- saturated (g)	19.6g	2.7g
Carbohydrate (g)	33.4g	4.5g
- sugars (g)	13.7g	1.9g
Sodium (mg)	820mg	111mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3468kJ (828Cal)	385kJ (92Cal)
Protein (g)	93.4g	10.4g
Fat, total (g)	35g	3.9g
- saturated (g)	20.4g	2.3g
Carbohydrate (g)	33.4g	3.7g
- sugars (g)	13.7g	1.5g
Sodium (mg)	891mg	99mg

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



1



## Make the mash

- Boil the kettle.
- Peel **sweet potato** and cut into large chunks.
- Half-fill a large saucepan with the boiled water, then heat over high heat.
- Cook **sweet potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain **sweet potato**, then return to pan. Add the **butter** and the **milk**, then season generously with **salt**. Mash until smooth. Cover to keep warm.

**Little cooks:** Get those muscles working and help mash the sweet potato!

2



## Get prepped

- While sweet potato is cooking, chop **broccoli** (including the stalk!) into small florets. Thinly slice **carrot** into half-moons. Finely chop **garlic**. Set aside.
- In a medium bowl, combine **Aussie spice blend** (see ingredients) with a pinch of **pepper** and a drizzle of **olive oil**. Add **chicken tenderloins**, tossing to coat.

**Custom Recipe:** If you've doubled your chicken tenderloins, prepare and season chicken as above.

3



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **broccoli** and **carrot** with a good splash of **water**, tossing, until softened, **5-6 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**.
- Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.

4



## Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken** until browned and cooked through, **3-4 minutes** each side.
- Transfer to a plate.

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** Cook extra chicken as above, in batches for the best results.

5



## Cook the sauce

- Wipe out frying pan, then return to medium heat with a drizzle of **olive oil**.
- Cook remaining **garlic** until fragrant, **30 seconds**.
- Add **light cooking cream**, **Parmesan cheese** and **chicken-style stock powder**. Stir to combine, then stir in any **chicken** resting juices and a pinch of **pepper**.
- Reduce heat to low. Simmer until thickened slightly, **1 minute**.

6



## Serve up

- Divide chicken tenders, mash and sautéed veggies between plates.
- Drizzle with cheesy garlic sauce to serve. Enjoy!

**Little cooks:** Show them how it's done and drizzle the cheesy garlic sauce!

## Rate your recipe

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