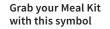


Easy Chicken Tenders & Crushed Lemon Potatoes

with Cherry Tomato Salad & Garlic Aioli

KID FRIENDLY















Garlic Paste

Chicken-Style Stock Powder



Aussie Spice



Blend

Chicken Tenderloins



Snacking Tomatoes





Garlic Aioli





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

Eat Me Early



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



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

| ingi edients | | | | |
|-------------------------------|-----------------|---------------------------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| potato | 2 | 4 | | |
| lemon | 1/2 | 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** | 1 small packet | 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





Make the crushed potatoes

- Bring a medium saucepan of lightly salted water to the boil. Cut **potato** into large chunks. Cut **lemon** into wedges.
- Cook 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 potato to pan and toss to coat. Lightly crush potato, then cover to keep warm.

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



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!



Cook the chicken

- While the 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.



Serve up

- Divide chicken tenders, crushed lemon 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

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate