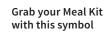


Easy Lemon Pepper Chicken with Roasted Sesame Sweet Potato & Tomato Salad

BESTSELLER







Chunks





Snacking Tomatoes



Lemon Pepper Seasoning





Chicken Tenderloins



Crispy Shallots



Sesame Dressing





Pantry items

Prep in: 10-20 mins Ready in: 30-40 mins



Tonight, it's all about simple and classic - lemon-pepper chicken, some herby sweet potatoes, and to keep the carbs down, a big salad that will see you going back for more.

Olive Oil, Vinegar (White Wine or Rice Wine)

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

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato chunks	1 medium packet	1 large packet		
sesame seeds	1 medium sachet	1 large sachet		
snacking tomatoes	1 punnet	2 punnets		
lemon pepper seasoning	1 medium sachet	2 medium sachets		
chicken tenderloins	1 small packet	2 small packets OR 1 large packet		
mixed salad leaves	1 small bag	1 medium bag		
vinegar* (white wine or rice wine)	drizzle	drizzle		
crispy shallots	1 medium packet	1 large packet		
sesame dressing	½ large packet	1 large packet		
prawns**	1 packet (200g)	2 packets (400g)		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2008kJ (480Cal)	394kJ (94Cal)
Protein (g)	43g	8.4g
Fat, total (g)	20.8g	4.1g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	37.4g	7.3g
- sugars (g)	15.4g	3g
Sodium (mg)	638mg	125mg
Dietary Fibre (g)	8.8g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1617kJ (386Cal)	364kJ (87Cal)
Protein (g)	20.2g	4.5g
Fat, total (g)	18.8g	4.2g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	37.4g	8.4g
- sugars (g)	15.4g	3.5g
Sodium (mg)	1219mg	274mg
Dietary Fibre	8.6g	1.9g

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





Roast the sweet potato

- Preheat oven to 240°C/220°C fan-forced.
- Place sweet potato chunks on a lined oven tray. Sprinkle with sesame seeds, season with salt and drizzle with olive oil. Toss to coat.
- Bake until tender, 20-25 minutes.

TIP: Spread sweet potato chunks between two lined oven trays if your tray is getting crowded.



Toss the salad

 In a second medium bowl, combine snacking tomatoes, mixed salad leaves and a drizzle of the vinegar. Season.



Get prepped & cook the chicken

- Meanwhile, halve snacking tomatoes.
- In a medium bowl, combine lemon pepper seasoning, a drizzle of olive oil and a pinch of salt. Add chicken tenderloins, turning to coat.
- When sweet potato has 10 minutes remaining, in a large frying pan, heat a
 drizzle of olive oil over medium-high heat.
- Cook chicken tenderloins until browned and cooked through, 3-4 minutes each side.

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

Custom Recipe: If you've added prawns, coat prawns in the seasoning as stated above. Cook prawns, tossing until pink and starting to curl up, 4-6 minutes.



Serve up

- Divide lemon pepper chicken, sesame sweet potatoes and salad between plates.
- Sprinkle over crispy shallots. Serve with sesame dressing (see ingredients). Enjoy!

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