



# Crumbed Chicken Tenders & Tomato Relish

with Sweet Potato Fries & Cherry Tomato Salad

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Aussie Spice Blend



Panko Breadcrumbs



Chicken Tenderloins



Snacking Tomatoes



Mixed Salad Leaves



Tomato Relish



Mayonnaise



Salmon

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



Calorie Smart\*

\*Custom Recipe is not Calorie Smart



Eat Me First

Crumbed chicken tenders are best when dunked into a tasty condiment. This recipe gives you not one, but two tasty sauces: tomato relish and mayonnaise.

CUSTOM RECIPE

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

### Pantry items

Olive Oil, Plain Flour, Egg, 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
sweet potato	2	4
<b>plain flour*</b>	2 tbs	¼ cup
Aussie spice blend	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
snacking tomatoes	1 punnet	2 punnets
mixed salad leaves	1 medium bag	1 large bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
tomato relish	1 medium packet	2 medium packets
mayonnaise	1 packet (40g)	1 packet (80g)
salmon**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2594kJ (620Cal)	432kJ (103Cal)
Protein (g)	50g	8.3g
Fat, total (g)	17.4g	2.9g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	63.6g	10.6g
- sugars (g)	18.5g	3.1g
Sodium (mg)	947mg	158mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3136kJ (750Cal)	544kJ (130Cal)
Protein (g)	42g	7.3g
Fat, total (g)	35.2g	6.1g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	64.7g	11.2g
- sugars (g)	18.5g	3.2g
Sodium (mg)	933mg	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](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



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.

2



## Prep the chicken

- In a shallow bowl, combine the **plain flour** and **Aussie spice blend**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs** and a pinch of **salt** and **pepper**.
- Dip **chicken tenderloins** into **flour mixture** to coat, then into **egg**, and finally in **breadcrumbs**. Set aside on a plate.

**Custom Recipe:** If you've upgraded to salmon, pat salmon dry with a paper towel. Dip salmon into flour mixture to coat, then into egg, and finally in breadcrumbs. Set aside on a plate.

3



## Cook the chicken

- When fries have **10 minutes** remaining, in a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- Cook crumbed **chicken**, in batches, until golden and cooked through (when no longer pink inside), **3-4 minutes** each side. Transfer to a paper towel-lined plate.

**TIP:** Add extra oil if needed so the crumbed chicken does not stick to the pan.

**Custom Recipe:** Heat pan as above. When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.

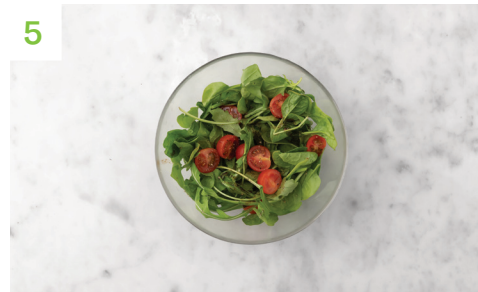
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## Prep the salad

- Meanwhile, halve **snacking tomatoes**.

5



## Toss the salad

- In a large bowl, combine **tomatoes**, **mixed salad leaves** and a drizzle of the **vinegar** and **olive oil**. Season to taste.

6



## Serve up

- Divide crumbed chicken tenders, sweet potato fries and cherry tomato salad between plates.
- Top with **tomato relish** and **mayonnaise** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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