

FAST & FANCY

KID FRIENDLY









Baby Broccoli

Trimmed Green Beans

Diced Bacon





Chicken Tenderloins

Savoury Seasoning



Sweet & Savoury

Mashed Potato



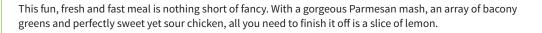
Parmesan Cheese



Prep in: 15-25 mins Ready in: 20-30 mins











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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby broccoli	1 bunch	2 bunches
lemon	1/2	1
trimmed green beans	1 medium bag	1 large bag
diced bacon	1 packet (90g)	1 packet (180g)
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
savoury seasoning	1 sachet	2 sachets
sweet & savoury glaze	1 medium packet	1 large packet
mashed potato	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2580kJ (617Cal)	390kJ (93Cal)
Protein (g)	58.7g	8.9g
Fat, total (g)	20.1g	3g
- saturated (g)	10.3g	1.6g
Carbohydrate (g)	42.4g	6.4g
- sugars (g)	16.2g	2.4g
Sodium (mg)	4138mg	625mg

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.



Cook the veggies

- · Trim baby broccoli.
- · Slice lemon into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **baby broccoli**, **trimmed green beans** and **diced bacon**, tossing and breaking up bacon with a spoon, until golden, **5-6 minutes**.
- Transfer to a bowl. Season and cover to keep warm.



Heat the mash

- Meanwhile, transfer mashed potato to a medium heatproof bowl.
- Microwave until hot and steaming, 3 minutes.
- Stir through **Parmesan cheese** until combined. Season with **pepper**.



Cook the chicken

- While the veggies are cooking, in a medium bowl, combine chicken tenderloins, savoury seasoning, a drizzle of olive oil and a pinch of salt.
- · Return pan to medium-high heat with a drizzle of olive oil.
- Cook chicken tenderloins until browned and cooked through, 3-4 minutes each side.
- Remove pan from heat then add sweet & savoury glaze, turning chicken to coat.

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



Serve up

- Divide Parmesan mash between plates.
- Top with sweet and savoury chicken and bacony greens.
- Serve with lemon wedges. Enjoy!



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