



Quick Tandoori Crumbed Chicken & Garden Salad

with Sweet Potato Wedges & Coconut Sweet Chilli Mayo

EXPLORER

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Brown Mustard Seeds



Snacking Tomatoes



Cucumber



Tandoori Paste



Chicken Tenderloin



Panko Breadcrumbs



Mumbai Spice Blend



Mixed Salad Leaves



Coconut Sweet Chilli Mayonnaise



Haloumi

Prep in: 20-30 mins
Ready in: 25-35 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart



Eat Me Early

In this first-of-its-kind concoction, see tandoori paste and Mumbai spice blend crumb chicken tenderloins to perfection and when paired with sweet potato wedges and a garden salad, this one will become a regular on the menu.

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

Pantry items

Olive Oil, Honey, Plain Flour, White Wine 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
brown mustard seeds	1 sachet	2 sachets
snacking tomatoes	1 punnet	2 punnets
cucumber	1	2
tandoori paste	1 packet	2 packets
honey*	½ tsp	1 tsp
plain flour*	1 tsp	2 tsp
chicken tenderloin	1 small packet	2 small packets OR 1 large packet
panko breadcrumbs	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
coconut sweet chilli mayonnaise	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2729kJ (652Cal)	429kJ (103Cal)
Protein (g)	47.1g	7.4g
Fat, total (g)	23.8g	3.7g
- saturated (g)	2.6g	0.4g
Carbohydrate (g)	62g	9.7g
- sugars (g)	19.2g	3g
Sodium (mg)	1380mg	217mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3881kJ (928Cal)	534kJ (128Cal)
Protein (g)	64.2g	8.8g
Fat, total (g)	46.6g	6.4g
- saturated (g)	17g	2.3g
Carbohydrate (g)	63.2g	8.7g
- sugars (g)	20.2g	2.8g
Sodium (mg)	2415mg	332mg

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



1



Bake the wedges

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

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

Custom Recipe: If you've added haloumi, to a medium bowl, add haloumi and cover with water to soak.

3



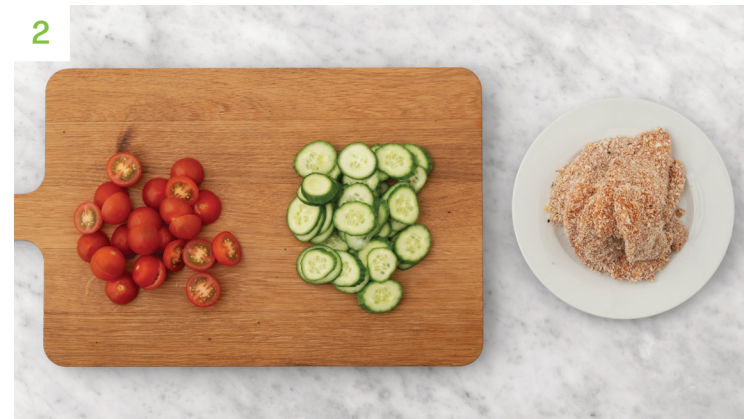
Cook the chicken

- When the wedges have **10 minutes** remaining, in a large frying pan, add enough **olive oil** to cover the base and heat over medium-high heat.
- Cook **chicken** until cooked through, **3-5 minutes** each side (cook chicken batches if your pan is getting crowded). Season to taste. Transfer to a paper towel-lined plate.

TIP: The chicken is cooked when it is no longer pink inside.

Custom Recipe: Before cooking the chicken, in a large frying pan, heat a generous drizzle of olive oil over medium-high heat. When oil is hot, cook haloumi, tossing occasionally, until golden brown, 2-4 minutes. Transfer to a paper towel-lined plate. Continue as above.

2



Get prepped

- Meanwhile, halve **snacking tomatoes**. Thinly slice **cucumber**.
- In a medium bowl, combine **tandoori paste**, the **honey**, the **plain flour** and a pinch of **salt**. Add **chicken tenderloin** and toss to coat.
- In a shallow bowl, add **panko breadcrumbs** and **Mumbai spice blend**. Add **chicken** to the **seasoned panko** in batches, pressing to coat. Transfer to a plate.

Custom Recipe: Drain haloumi and pat dry. Cut haloumi into bite-sized chunks.

4



Serve up

- In a second medium bowl, combine cucumber, snacking tomatoes, **mixed salad leaves** and a drizzle of the **white wine vinegar** and olive oil. Season to taste.
- Divide tandoori chicken, sweet potato wedges and garden salad between plates.
- Serve with **coconut sweet chilli mayo**. Enjoy!

Custom Recipe: Toss golden haloumi through garden salad.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate