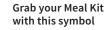


Quick Chicken Tenders & Spinach Slaw with Spiced Potato Chunks & Garlic Aioli

KID FRIENDLY









Chopped Potato



Chicken Tenderloins





Herb Crumbing





Baby Spinach Leaves







Prep in: 10-20 mins Ready in: 20-30 mins Take some sneaky shortcuts - like quick-cooking chicken tenders and mayo instead of an egg wash for the crumb - and you'll have a home-cooked meal on the table before you know it.















Slaw Mix



Garlic Aiol



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 \cdot Large frying pan

Ingredients

	9				
	2 People	4 People			
olive oil*	refer to method	refer to method			
chopped potato	1 medium bag	2 medium bags			
Aussie spice blend	1 medium sachet	2 medium sachets			
chicken tenderloins	1 small packet	2 small packets OR 1 large packet			
mayonnaise	1 packet (40g)	1 packet (80g)			
herb crumbing mix	1 medium packet	1 large packet			
slaw mix	1 small bag	1 large bag			
baby spinach leaves	1 small bag	1 medium bag			
vinegar* (white wine or balsamic)	drizzle	drizzle			
garlic aioli	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)	2756kJ (659Cal)	513kJ (123Cal)
Protein (g)	47g	8.7g
Fat, total (g)	26.3g	4.9g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	54.8g	10.2g
- sugars (g)	10.2g	1.9g
Sodium (mg)	1062mg	198mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3908kJ (934Cal)	623kJ (149Cal)
Protein (g)	64.1g	10.2g
Fat, total (g)	49g	7.8g
- saturated (g)	17.1g	2.7g
Carbohydrate (g)	56g	8.9g
- sugars (g)	11.2g	1.8g
Sodium (mg)	2097mg	334mg

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 potato chunks

- Preheat oven to **240°C/220°C fan-forced**. Spread **chopped potato** over a large microwave-safe plate. Cover with a damp paper towel.
- Microwave potato on high, 3 minutes. Drain any excess liquid, then place potato on a lined oven tray.
- Drizzle with **olive oil**, sprinkle over **Aussie spice blend**, season with **salt** and toss to coat.
- Spread out evenly, then roast until golden and tender, **10-15 minutes**.

Custom Recipe: If you've added haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water to soak.



Cook the chicken

- Heat a large frying pan over medium-high heat with enough olive oil to coat base of pan.
- Cook chicken until golden and cooked through (when no longer pink inside),
 3-4 minutes each side. Transfer to a paper towel-lined plate.
- Meanwhile, place slaw mix and baby spinach leaves in a second medium bowl. Drizzle with the vinegar and olive oil. Toss to coat. Season to taste.

Custom Recipe: When the chicken has 5 minutes remaining, drain haloumi and pat dry. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.



Prep the chicken

- Meanwhile, in a medium bowl, place chicken tenderloins and mayonnaise.
 Season with salt and pepper, then stir to coat.
- In a shallow bowl, combine herb crumbing mix and a pinch of salt and pepper.
- Dip each **tenderloin** into the **crumbing mix**. Set aside on a plate.



Serve up

- Divide quick chicken tenders, spinach slaw and spiced potato chunks between plates.
- Serve with garlic aioli. Enjoy!

Custom Recipe: Divide haloumi between plates to serve.