



Quick Chicken Tenders & Spinach Slaw

with Spiced Potato Chunks & Garlic Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Chopped Potato



Aussie Spice Blend



Chicken Tenderloins



Mayonnaise



Herb Crumbing Mix



Slaw Mix



Baby Spinach Leaves



Garlic Aioli



Haloumi

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

Eat Me Early

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.

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

Pantry items

Olive Oil, 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
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



1



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.

3



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.

2



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.

4



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.

Rate your recipe

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