



Crumbed Chicken Tenders & Cheesy Fries

with Tomato Salad & Herby Mayo

NEW

Grab your Meal Kit with this symbol



Potato Fries



Parmesan Cheese



Chicken Tenderloins



Dill & Parsley Mayonnaise



Panko Breadcrumbs



Everything Garnish



Tomato



Mixed Salad Leaves



Parmesan Cheese

Prep in: 15-25 mins
Ready in: 25-35 mins

Eat Me Early

We've upped the ante on classic crumbed chicken by combining our new everything garnish with panko breadcrumbs for plenty of flavour and crunch. Complete with a crisp salad and cheesy fries, plus herby mayo for dipping, what's not to love?

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
potato fries	1 medium bag	1 large bag
Parmesan cheese	1 medium packet	1 large packet
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
dill & parsley mayonnaise	1 large packet	2 large packets
panko breadcrumbs	1 medium packet	1 large packet
everything garnish	1 packet	2 packets
tomato	1	2
mixed salad leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3398kJ (812Cal)	621kJ (148Cal)
Protein (g)	52g	9.5g
Fat, total (g)	43.1g	7.9g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	51.2g	9.4g
- sugars (g)	5.3g	1g
Sodium (mg)	644mg	118mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3606kJ (862Cal)	644kJ (154Cal)
Protein (g)	56.1g	10g
Fat, total (g)	46.8g	8.4g
- saturated (g)	9.2g	1.6g
Carbohydrate (g)	51.5g	9.2g
- sugars (g)	5.4g	1g
Sodium (mg)	777mg	139mg

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 fries

- Preheat oven to **240°C/220°C fan-forced**.
- Place **potato fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until just tender, **20-25 minutes**.
- In the last **5 minutes** of cook time, remove from oven, sprinkle with **Parmesan cheese**. Return tray to oven and bake until golden and crisp.

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

Custom Recipe: If you've doubled your Parmesan cheese, sprinkle cheese over fries, as above.

3



Toss the salad

- While chicken is cooking, roughly chop **tomato**.
- In a second medium bowl, combine **tomato, mixed salad leaves**, a drizzle of **vinegar** and **olive oil**. Season.

2



Cook the chicken

- Meanwhile, in a medium bowl, combine **chicken tenderloins** and half the **dill & parsley mayonnaise**. Season with **salt** and **pepper**.
- In a shallow bowl, add **panko breadcrumbs** and **everything garnish**. Coat **chicken** in the **seasoned panko**. Transfer to a plate.
- Heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**. When oil is hot, cook **crumbed chicken** until golden, **3-4 minutes** each side. Transfer to a paper towel-lined plate. Season with **salt**.

4



Serve up

- Divide crumbed chicken tenders, cheesy fries and tomato salad between plates.
- Serve with remaining dill & parsley mayonnaise. Enjoy!

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