



Aussie Chicken & Potato-Cauli Smash

with Caramelised Onion & Garden Salad

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Cauliflower



Red Onion



Tomato



Cucumber



Aussie Spice Blend



Chicken Tenderloins



Mixed Salad Leaves



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Reduced
**Custom recipe is not Calorie Reduced*

Eat Me Early

This potato-cauli smash is the real deal! Plate it up with Aussie spiced chicken and a gorgeous garden salad, which we can guarantee will be licked clean by the end of dinner time.

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

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown Sugar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
cauliflower	1 medium portion	1 large portion
butter*	40g	80g
red onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
tomato	1	2
cucumber	1	2
Aussie spice blend	1 medium sachet	2 medium sachets
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 small packet	1 medium packet
chicken tenderloins**	1 medium packet	2 medium packets OR 1 large packet

*Pantry items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2086kJ (499Cal)	331kJ (79Cal)
Protein (g)	43.6g	6.9g
Fat, total (g)	24.6g	3.9g
- saturated (g)	12.5g	2g
Carbohydrate (g)	25.3g	4g
- sugars (g)	13.7g	2.2g
Sodium (mg)	628mg	100mg
Dietary Fibre (g)	7.6g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2799kJ (669Cal)	352kJ (84Cal)
Protein (g)	80.2g	10.1g
Fat, total (g)	27g	3.4g
- saturated (g)	13.2g	1.7g
Carbohydrate (g)	25.5g	3.2g
- sugars (g)	13.7g	1.7g
Sodium (mg)	699mg	88mg
Dietary Fibre	7.8g	1g

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 Make potato-cauli smash

- Bring a medium saucepan of salted water to the boil.
- Cut **potato** into large chunks.
- Cut **cauliflower** into small florets.
- Cook **potato** and **cauliflower** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain.
- Return to saucepan and add the **butter** and a pinch of **salt** and **pepper**. Toss to coat and lightly crush with a **potato masher** or fork. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



4 Cook the chicken

- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken tenderloins** until browned and cooked through, **3-4 minutes** each side.

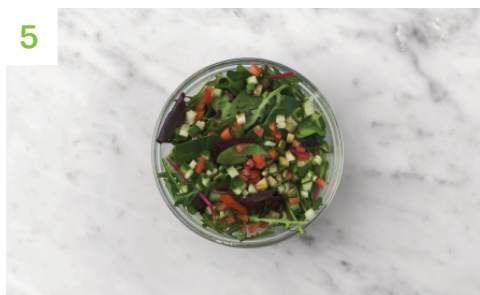
TIP: Chicken is cooked through when it is no longer pink inside.

Custom Recipe: Cook chicken in batches for best results.



2 Caramelize the onion

- Meanwhile, thinly slice **red onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring regularly, until softened, **5-6 minutes**. Reduce heat to medium.
- Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



5 Make the salad

- In a medium bowl, combine **mixed salad leaves**, **tomato**, **cucumber** and a drizzle of **balsamic vinegar** and **olive oil**. Season.



3 Get prepped

- Meanwhile, finely chop **tomato** and **cucumber**.
- In a large bowl, combine **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken tenderloins**, turn to coat.

Custom Recipe: If you've doubled your chicken tenderloins, prepare chicken as above.



6 Serve up

- Divide Aussie chicken, potato-cauli smash and garden salad between plates.
- Top chicken with caramelised onion to serve. Enjoy!

Rate your recipe

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