



Quick Aussie Chicken & Dill-Parsley Mayo Slaw with Apple & Ciabatta Croutons

EXPLORER

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Bake-At-Home Ciabatta



Chicken Tenderloins



Aussie Spice Blend



Apple



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Slaw Mix



Beef Rump

Prep in: 10-20 mins
Ready in: 15-25 mins

Eat Me Early

Our tried-and-true Aussie spice blend saves the day! A new winner of a chicken dinner, this one comes complete with a creamy, herby slaw with a touch of tartness from the apple, plus baked croutons for that crunch factor.

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

Pantry items

Olive Oil

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
bake-at-home ciabatta	1	2
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	2 medium sachets
apple	1	2
baby spinach leaves	1 small bag	1 medium bag
dill & parsley mayonnaise	1 large packet	2 large packets
slaw mix	1 small bag	1 large bag
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3004kJ (718Cal)	715kJ (171Cal)
Protein (g)	44.2g	10.5g
Fat, total (g)	42g	10g
- saturated (g)	4.1g	1g
Carbohydrate (g)	39.3g	9.4g
- sugars (g)	10.5g	2.5g
Sodium (mg)	943mg	225mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2965kJ (709Cal)	732kJ (175Cal)
Protein (g)	38.2g	9.4g
Fat, total (g)	43.8g	10.8g
- saturated (g)	4.8g	1.2g
Carbohydrate (g)	39.3g	9.7g
- sugars (g)	10.5g	2.6g
Sodium (mg)	948mg	234mg

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



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1



Bake the chicken & croutons

- Preheat oven to **240°C/220°C fan-forced**. Cut or tear **bake-at-home ciabatta** into 1 cm chunks.
- Place **chicken tenderloins** on one side of a lined oven tray. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and season with **salt** and **pepper**. Turn to coat.
- Place **ciabatta** chunks on the other side of the oven tray. Bake until chicken is cooked through (when no longer pink inside) and croutons are golden, **8-10 minutes**.

Custom Recipe: If you've swapped to beef rump, while the ciabatta is baking, place beef rump between two sheets of baking paper. Pound beef with a rolling pin until slightly flattened (this ensures it's nice and tender!). If your rump is more than 3cm thick, cut in half horizontally before pounding. Season beef with spice blend as above.

3



Toss the slaw

- In a large bowl, combine **dill & parsley mayonnaise**, a drizzle of **olive oil** and a splash of **water**.
- Add **slaw mix**, **apple**, **spinach** and slightly cooled **croutons**. Season, then toss to coat.

2



Get prepped

- Meanwhile, thinly slice **apple**.
- Roughly chop **baby spinach leaves**.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

4



Serve up

- Divide creamy slaw between plates. Top with Aussie chicken.
- Pour over any juices from the oven tray to serve. Enjoy!

Custom Recipe: Slice steak to serve.

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate