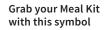


# Easy Lemon Chicken & Tomato-Olive Salad with Roast Sweet Potatoes & Dill-Parsley Mayo

MEDITERRANEAN

**CLIMATE SUPERSTAR** 







**Sweet Potato** 





Cucumber







Chicken Tenderloins



Kalamata Olives



Spinach & Rocket



Dill & Parsley Mayonnaise





Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me First



The Mediterranean is calling! Juicy olives, a bright garden salad and lemon pepper chicken are all at the ready to bring the Mediterranean flavours that we all know and love right onto your plate.



## 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

in ign concince			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
snacking tomatoes	1 medium packet	2 medium packets	
cucumber	1	2	
lemon	1/2	1	
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet	
lemon pepper seasoning	1 medium sachet	2 medium sachets	
kalamata olives	1 packet	2 packets	
spinach & rocket mix	1 small packet	1 medium packet	
dill & parsley mayonnaise	1 medium packet	1 large packet	
salmon**	1 medium packet	2 medium packets OR 1 large packet	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2251kJ (538Cal)	350kJ (84Cal)
Protein (g)	43.1g	6.7g
Fat, total (g)	23.8g	3.7g
- saturated (g)	2.7g	0.4g
Carbohydrate (g)	36g	5.6g
- sugars (g)	15.8g	2.5g
Sodium (mg)	785mg	122mg
Dietary Fibre (g)	9.7g	1.5g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2792kJ (667Cal)	<b>451kJ</b> (108Cal)
Protein (g)	35.1g	5.7g
Fat, total (g)	41.6g	6.7g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	37.1g	6g
- sugars (g)	15.8g	2.6g
Sodium (mg)	772mg	125mg
Dietary Fibre	9.5g	1.5g

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 sweet potato chunks

- Preheat oven to 240°C/220°C fan forced.
- Cut sweet potato into bite-sized chunks.
- Place sweet potato chunks on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Roast until tender, 20-25 minutes.



# Get prepped

- While the sweet potato is roasting, halve **snacking tomatoes**.
- Slice cucumber into half-moons.
- · Slice lemon into wedges.



#### Cook the chicken

- In a large bowl, combine chicken tenderloins, lemon pepper seasoning, a drizzle of olive oil and a pinch of salt and pepper.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. 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:** If you've upgraded to salmon, pat salmon dry with paper towel (this helps the salmon crisp up in the pan!) and coat as above. In a large frying pan, heat a drizzle of olive oil over medium-high heat. When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side.



# Serve up

- Meanwhile, in a large bowl, combine tomatoes, cucumber, kalamata olives and spinach & rocket mix. Add a squeeze of lemon juice and a drizzle of olive oil. Season and toss to coat.
- Divide chicken, sweet potatoes and salad between plates. Serve with remaining lemon wedges and dill & parsley mayonnaise. Enjoy!

**Custom Recipe:** Divide salmon, sweet potatoes and salad between plates as above.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate