

Aussie Chicken Tenders & Rainbow Salad

with Cherry Tomatoes & Ciabatta Croutons

EXPLORER

KID FRIENDLY



Grab your Meal Kit with this symbol





Bake-At-Home



Chicken Tenderloins



Aussie Spice



Blend







Baby Spinach





Dill & Parsley Mayonnaise





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

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 sweetness from the carrot, plus baked croutons for that crunch factor.



Eat Me Early

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

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	2 People	4 People
olive oil*	refer to method	refer to method
bake-at-home ciabatta	1	2
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	2 medium sachets
snacking tomatoes	1 medium packet	2 medium packets
baby spinach leaves	1 small packet	1 medium packet
carrot	1	2
dill & parsley mayonnaise	1 large packet	2 large packets
shredded cabbage mix	1 medium packet	1 large 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)	3001kJ (717Cal)	588kJ (141Cal)
Protein (g)	45.3g	8.9g
Fat, total (g)	42.2g	8.3g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	38.8g	7.6g
- sugars (g)	7.9g	1.5g
Sodium (mg)	971mg	190mg
Dietary Fibre (g)	10g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3717kJ (888Cal)	551kJ (132Cal)
Protein (g)	81.9g	12.1g
Fat, total (g)	44.8g	6.6g
- saturated (g)	5g	0.7g
Carbohydrate (g)	39g	5.8g
- sugars (g)	7.9g	1.2g
Sodium (mg)	1041mg	154mg
Dietary Fibre	10.2g	1.4g

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!



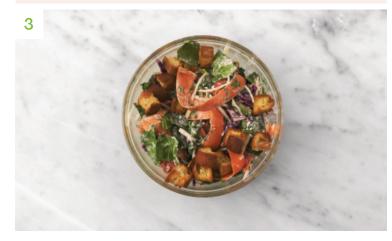


Bake the chicken & croutons

- Preheat oven to 220°C/200°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. Allow croutons to cool slightly.

Little cooks: Help tear the ciabatta into chunks.

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



Toss the slaw

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

Little cooks: Take the lead by tossing the slaw!



Get prepped

- · Meanwhile, halve snacking tomatoes.
- · Roughly chop baby spinach leaves.
- Using a vegetable peeler, slice carrot into ribbons.



Serve up

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



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

