



# Aussie Chicken Tenders & Rainbow Salad

with Cherry Tomatoes & Ciabatta Croutons

EXPLORER

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Grab your Meal Kit with this symbol



Bake-At-Home Ciabatta



Chicken Tenderloins



Aussie Spice Blend



Snacking Tomatoes



Baby Spinach Leaves



Carrot



Dill & Parsley Mayonnaise



Slaw Mix



Chicken Tenderloins

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 sweetness from the carrot, 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

Air fryer or oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
slaw mix	1 small packet	1 large packet
chicken tenderloins**	1 medium packet	2 medium packets OR 1 large packets

\*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)	8.4g	1.6g

### 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	8.5g	1.3g

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](https://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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## Bake the chicken & croutons

- Set air fryer to **200°C**.
- Cut or tear **bake-at-home ciabatta** into 1cm chunks.
- In a medium bowl, combine a drizzle of **olive oil**, **chicken tenderloins** and **Aussie spice blend**.
- Place **croutons** into an air fryer basket and cook, until golden and slightly crisp, **2-3 minutes**. Transfer to a large bowl.
- Place **chicken** into air fryer basket and cook, until browned and cooked through, **8-10 minutes** (cook in batches if needed).

**TIP:** No air fryer? Preheat oven to 240°C/200°C fan-forced. Get prepped as above. Place chicken tenderloins on one side of a lined oven tray. 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 doubled your chicken tenderloins, prepare chicken as above. Cook chicken in batches for best results.

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## Toss the slaw

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

2



## Get prepped

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

4



## Serve up

- Divide rainbow salad between bowls. Top with Aussie chicken tenders.
- Pour over any juices from the oven tray to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)