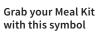


Aussie Chicken Tenders & Rainbow Salad

with Cherry Tomatoes & Ciabatta Croutons

KID FRIENDLY

AIR FRYER FRIENDLY







Ciabatta



Chicken Tenderloins



Aussie Spice Blend



Snacking Tomatoes



Baby Spinach



Carrot

Slaw Mix



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

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	
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	
slaw mix	1 small packet	1 large packet	
chicken tenderloins**	1 medium packet	2 medium packets OR 1 large packets	
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*Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
3001kJ (717Cal)	588kJ (141Cal)
45.3g	8.9g
42.2g	8.3g
4.2g	0.8g
38.8g	7.6g
7.9g	1.5g
971mg	190mg
8.4g	1.6g
	3001kJ (717Cal) 45.3g 42.2g 4.2g 38.8g 7.9g 971mg

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.

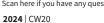
Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo 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





- 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.



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.



Get prepped

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



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