



# Aussie-Spiced Chicken & Cauli-Potato Mash

with Creamy Lemon Sauce & Steamed Veg

KID FRIENDLY

Grab your Meal Kit with this symbol



Cauliflower



Potato



Broccoli



Carrot



Aussie Spice Blend



Chicken Tenderloins



Garlic



Lemon



Light Cooking Cream



Chicken Tenderloins

Prep in: 25-35 mins  
Ready in: 30-40 mins

Carb Smart\*  
\*Custom recipe is not Carb Smart

Eat Me Early

Bump up the flavour of juicy chicken tenders with our versatile Aussie spice blend, and a lemon zest-laced cream sauce. Serve with a crowd-pleasing mash, plus lemony steamed veg for colour, crunch and to balance out the richness.

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

### Pantry items

Olive Oil, Butter



## 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
potato	1	2
broccoli	1 head	2 heads
carrot	1	2
<b>butter*</b>	30g	60g
Aussie spice blend	1 medium sachet	1 large sachet
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
garlic	2 cloves	4 cloves
lemon	½	1
light cooking cream	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)	2391kJ (571Cal)	341kJ (82Cal)
Protein (g)	51.8g	7.4g
Fat, total (g)	29.3g	4.2g
- saturated (g)	17g	2.4g
Carbohydrate (g)	23.9g	3.4g
- sugars (g)	12.3g	1.8g
Sodium (mg)	672mg	96mg
Dietary Fibre (g)	12.8g	1.8g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3107kJ (743Cal)	359kJ (86Cal)
Protein (g)	88.4g	10.2g
Fat, total (g)	31.8g	3.7g
- saturated (g)	17.8g	2.1g
Carbohydrate (g)	24.1g	2.8g
- sugars (g)	12.3g	1.4g
Sodium (mg)	741mg	86mg
Dietary Fibre (g)	12.9g	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](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



## Make the cauliflower mash

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Cut **cauliflower** into small florets.
- Peel **potato** and cut into large chunks.
- Cook **potato** and **cauliflower** in the boiling water over high heat until easily pierced with a fork, **12-15 minutes**.
- Meanwhile, chop **broccoli** (including the stalk!) into small florets.
- Thinly slice **carrot** into half-moons.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



## Get prepped

- While the chicken is cooking, finely chop **garlic**.
- Zest **lemon** to get a generous pinch, then slice into wedges.

**Little cooks:** Easy peasy, lemon squeezy! Under adult supervision, older kids can help zest the lemon.



## Steam the veggies

- In the last **8 minutes** of cook time, place a colander or steamer basket on top and add **carrot** and **broccoli**. Cover with a lid and steam until veggies are tender, **7-8 minutes**.
- Transfer **veggies** to a bowl. Season and cover to keep warm.
- Drain **cooked cauliflower** and **potato**, then return to pan. Add the **butter** and a good pinch of **salt**. Mash until smooth. Cover to keep warm.

**Little cooks:** Get those muscles working and help mash the potatoes and cauliflower!



## Make the sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **lemon zest** and **garlic**, scraping up any **chicken bits** from the pan, until fragrant, **1 minute**.
- Add **light cooking cream**, the reserved **Aussie spice blend** and a good pinch of **salt** and **pepper**. Bring to the boil, then reduce heat to low. Simmer until thickened, **3-4 minutes**.
- Stir through any **chicken resting juices** and a generous squeeze of **lemon juice**.
- Add a good squeeze of lemon juice to the steamed veg.



## Cook the chicken

- Reserve a generous pinch of **Aussie spice blend** for the sauce. While the veggies are steaming, combine **Aussie spice blend** and a drizzle of **olive oil** in a large bowl. Add **chicken tenderloins**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, turning, until browned and cooked through (when no longer pink inside), **2-3 minutes** each side.

**Custom Recipe:** If you've doubled your chicken tenderloins, season chicken as above. Cook chicken in batches if your pan is getting crowded.



## Serve up

- Divide Aussie-spiced chicken, cauli-potato mash and steamed veg between plates.
- Pour creamy lemon sauce over chicken.
- Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)