



Aussie Chicken Tenders & Rainbow Salad

with Cherry Tomatoes & Ciabatta Croutons

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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



Shredded Cabbage 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 freshness from the tomatoes, 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 · Large frying pan

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
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)	3586kJ (857Cal)	635kJ (152Cal)
Protein (g)	49.7g	8.8g
Fat, total (g)	43.4g	7.7g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	66g	11.7g
- sugars (g)	8.4g	1.5g
Sodium (mg)	1263mg	224mg
Dietary Fibre (g)	8.4g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4302kJ (1028Cal)	589kJ (141Cal)
Protein (g)	86.3g	11.8g
Fat, total (g)	45.9g	6.3g
- saturated (g)	5.1g	0.7g
Carbohydrate (g)	66.2g	9.1g
- sugars (g)	8.4g	1.2g
Sodium (mg)	1333mg	183mg
Dietary Fibre (g)	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



1



Cook the chicken & croutons

- Set air fryer to **200°C**. Cut or tear **bake-at-home ciabatta** into 1cm chunks.
- Place **croutons** into an air fryer basket and cook, until golden and slightly crisp, **2-3 minutes**. Transfer to a large bowl.
- Sprinkle **chicken tenderloins** with **Aussie spice blend**.
- Once croutons are done, 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 220°C/200°C fan-forced. 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.

Custom Recipe: If you've doubled your chicken tenderloins, prepare chicken as above. Cook in batches for best results.

3



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.

2



Get prepped

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

4



Serve up

- Divide creamy slaw between plates. Top with Aussie chicken. Enjoy!

Rate your recipe

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