

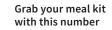
Chicken Tenders & Tomato Salad

with Gourmet Garden Parsley Potatoes

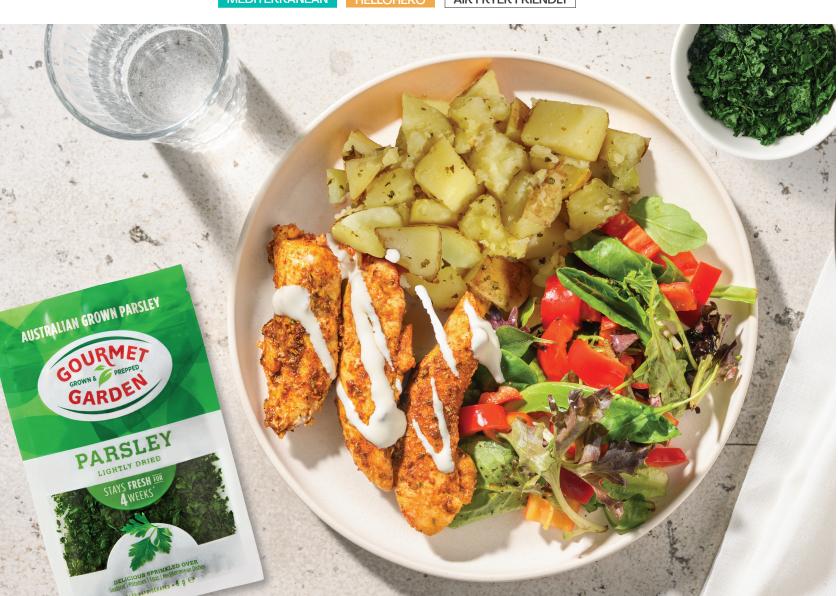
MEDITERRANEAN

HELLOHERO

AIR FRYER FRIENDLY















Garlic Paste





Aussie Spice

Chicken Tenderloins





Tomato

Leaves

Garlic Aioli







Prep in: 15-25 mins Ready in: 25-35 mins



Gourmet Garden's Aussie grown parsley is lightly dried for a fresher flavour and lasts four weeks once opened. We've put this muchloved family flavour into one delectable dinner - spiking the potatoes with a herby hit that complements the chicken and salad nicely!

Pantry items

Olive Oil, Butter, Honey, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Air fryer or large frying pan

Ingredients

| ingi calcino | | | |
|--------------------------|-----------------|---------------------------------------|--|
| | 2 People | 4 People | |
| olive oil* | refer to method | refer to method | |
| potato | 2 | 4 | |
| lemon | 1/2 | 1 | |
| butter* | 15g | 30g | |
| garlic paste | 1 packet | 2 packets | |
| salt* | 1/4 tsp | ½ tsp | |
| lightly dried parsley | ½ packet | 1 packet | |
| water* | 1 tbs | 2 tbs | |
| Aussie spice blend | 1 medium sachet | 1 large sachet | |
| chicken tenderloins | 1 medium packet | 2 medium packets OR 1 large packet | |
| tomato | 1 | 2 | |
| honey* | ½ tsp | 1 tsp | |
| balsamic vinegar* | drizzle | drizzle | |
| mixed salad leaves | 1 medium packet | 1 large packet | |
| garlic aioli | 1 medium packet | 1 large packet | |
| *Pantry Items | | | |

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2489kJ (595cal) | 291kJ (70cal) |
| Protein (g) | 43.8g | 5.1g |
| Fat, total (g) | 32.4g | 3.8g |
| - saturated (g) | 7g | 0.8g |
| Carbohydrate (g) | 30g | 3.5g |
| - sugars (g) | 9.2g | 1.1g |
| Sodium (mg) | 1121mg | 131.1mg |
| Dietary Fibre (g) | 6.3g | 0.7g |
| | | |

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.

In collaboration with



Grown on farms across Australia, this lightly dried parsley adds extra flavour and depth to every meal.

rsley adds extra flavour d depth to every meal.

We're here to help! Scan here if you have any questions or concerns





Make the crushed potatoes

- Bring a medium saucepan of lightly salted water to the boil. Cut **potato** into large chunks. Cut **lemon** into wedges.
- Cook potato in the boiling water until easily pierced with a fork,
 12-15 minutes. Drain and set aside.
- Return saucepan to medium-high heat with a drizzle of olive oil and the butter. Cook half the garlic paste, stirring until fragrant, 1 minute.
- Add the salt, Gourmet Garden lightly dried parsley (see ingredients), water and a squeeze of lemon juice, then bring to the boil. Remove from the heat, return potato to pan and toss to coat.
- Lightly crush **potato**, then cover to keep warm.

TIP: Use as much or little lemon juice as you'd like.



Make the salad

- Roughly chop tomato.
- In a large bowl, combine the honey with a drizzle of balsamic vinegar and olive oil
- Add **mixed salad leaves** and **tomato**. Toss to combine.

if necessary.



Cook the chicken

- While the potato is cooking, combine Aussie spice blend, remaining garlic paste and a drizzle of olive oil in a medium bowl. Add chicken tenderloins, tossing to coat.
- Set air fryer to 200°C. Place chicken into the air fryer basket and cook, until browned and cooked through, 8-10 minutes (cook in batches if needed).

TIP: No air fryer? In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken in batches, until browned and cooked through (when no longer pink inside), 3-4 minutes each side. Transfer to a plate.



Serve up

- Divide chicken tenders, crushed parsley potatoes and tomato salad between plates. Spoon any resting juices over the chicken.
- Drizzle garlic aioli over chicken and serve with any remaining lemon wedges. Enjoy!







Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

