



Chicken Tenders & Tomato Salad

with Gourmet Garden Parsley Potatoes

MEDITERRANEAN

HELLOHERO

AIR FRYER FRIENDLY

Grab your meal kit with this number

13



Potato



Lemon



Garlic Paste



Lightly Dried Parsley



Aussie Spice Blend



Chicken Tenderloins



Tomato



Mixed Salad Leaves



Garlic Aioli



Chicken Tenderloins



Beef Rump

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

Eat Me Early

Gourmet Garden's Aussie grown parsley is lightly dried for a fresher flavour and lasts four weeks once opened. We've put this much-loved 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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
lemon	½	1
butter*	15g	30g
garlic paste	1 packet	2 packets
salt*	¼ 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.

We're here to help!

Scan here if you have any questions or concerns



2024 | CW39

1



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.

3



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.

2



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.

4



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!

CUSTOM
OPTIONS



DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

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.

