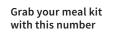


Sticky Spiced Chicken & Crushed Potatoes with Cherry Tomato & Celery Salad

NEW

AIR FRYER FRIENDLY

KID FRIENDLY











Chopped Potato



Vegetable Stock

Celery







Snacking Tomatoes





Aussie Spice Blend

Sweet & Savoury Glaze



Mixed Salad



Mustard Cider Leaves



Dressing

Prep in: 10-20 mins Ready in: 25-35 mins

Eat Me Early



Calorie Smart



Protein Rich

You really can't go wrong when you take some staple ingredients and add a little bit of pizzazz! Take tender chicken and douse it in some sticky glaze, garlic potatoes and lightly crush them and toss together a cherry tomato-celery garden salad!

Pantry items Olive Oil, Butter

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
chopped potato	1 medium packet	1 large packet
butter*	20g	40g
garlic paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
celery	1 medium packet	1 large packet
snacking tomatoes	1 packet	2 packets
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
sweet & savoury glaze	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
mustard cider dressing	1 packet	2 packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2205kJ (527cal)	188kJ (45cal)
Protein (g)	43.5g	3.7g
Fat, total (g)	18.2g	1.6g
- saturated (g)	6.9g	0.6g
Carbohydrate (g)	42.4g	3.6g
- sugars (g)	11.3g	1g
Sodium (mg)	1344mg	114.7mg
Dietary Fibre (g)	5.9g	0.5g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the potato

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cook chopped potato over high heat, until easily pierced with a knife,
 8-10 minutes. Drain potatoes and transfer to a bowl.
- Return saucepan to medium-high heat. Add the butter and garlic paste, and cook, stirring until fragrant, 1 minute. Remove from heat, then add vegetable stock powder and stir to combine. Return potatoes to pan and toss to coat. Lightly crush with a fork. Cover to keep warm.



Cook the chicken & toss salad

 Set air fryer to 200°C. Place chicken steaks into air fryer basket and cook, turning halfway through, until golden and cooked through (when no longer pink inside), 12-15 minutes. In the last 5 minutes of cook time, brush over sweet & savoury glaze and cook until browned and sticky.

TIP: No air fryer? Heat a drizzle of olive oil in a large frying pan over mediumhigh heat. Cook chicken steaks until cooked through, 3-6 minutes each side. Remove from heat, then add sweet & savoury glaze, tossing to coat.



Get prepped

- While the potato is cooking, finely chop **celery**. Halve **snacking tomatoes**.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine chicken, Aussie spice blend and a drizzle of olive oil.



Serve up

- Meanwhile, in a large bowl, combine mixed salad leaves, celery, snacking tomatoes and mustard cider dressing.
- Divide sticky spiced chicken, crushed potatoes and cherry tomato and celery salad between plates.
- · Spoon over any remaining sticky glaze to serve. Enjoy!







Cook, turning, for 5-9 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.

