



# Sticky Spiced Chicken & Crushed Potatoes

with Cherry Tomato & Celery Salad

NEW

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

12



Chopped Potato



Garlic Paste



Vegetable Stock Powder



Celery



Snacking Tomatoes



Chicken Breast



Aussie Spice Blend



Sweet & Savoury Glaze



Mixed Salad Leaves



Mustard Cider Dressing



Beef Rump



Chicken Breast

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

Calorie Smart

Protein Rich

Eat Me Early

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
<b>olive oil*</b>	refer to method	refer to method
chopped potato	1 medium packet	1 large packet
<b>butter*</b>	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](https://www.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

2024 | CW46



1



## 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.

3



## 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 medium-high heat. Cook chicken steaks until cooked through, 3-6 minutes each side. Remove from heat, then add sweet & savoury glaze, tossing to coat.

## CUSTOM OPTIONS



### SWAP TO BEEF RUMP

Cook, turning, for 5-9 minutes for medium. Rest then slice before serving.



### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

2



## 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**.

4



## 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!

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

