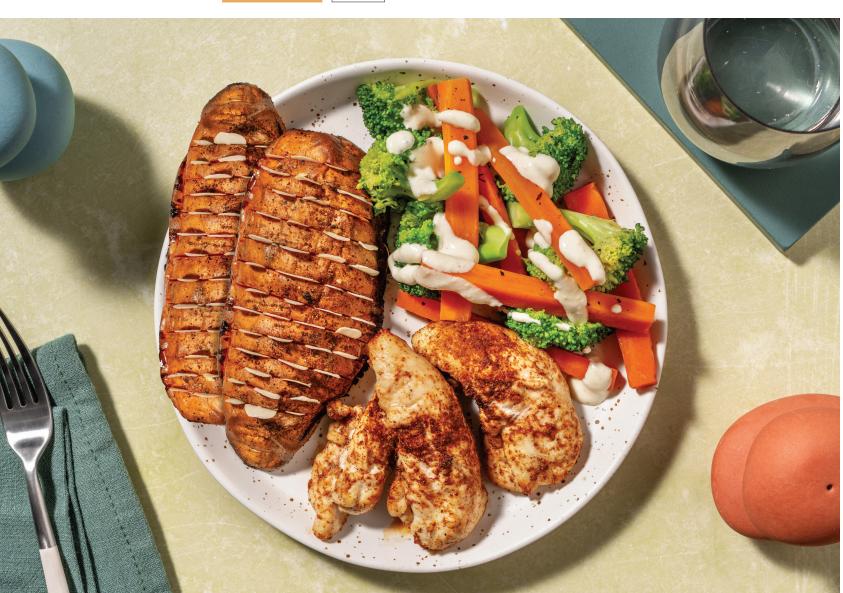


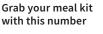
# Chicken Tendies & Hedgehog Sweet Potatoes

with Cheesy White Sauce & Sautéed Veggies

KID'S KITCHEN

NEW









Sweet Potato





Broccoli



Seasoning





Carrot









**Aussie Spice** 



Blend







Parmesan Cheese

Flaked Almonds





Prep in: 20-30 mins Ready in: 45-55 mins



#### 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

Two oven trays lined with baking paper · Large frying pan

# Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
Nan's special seasoning	1 medium sachet	1 large sachet	
broccoli	1 head	2 heads	
carrot	1	2	
garlic	2 cloves	4 cloves	
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet	
Aussie spice blend	1 medium sachet	1 large sachet	
light cooking cream	1 medium packet	1 large packet	
Parmesan cheese	1 medium packet	1 large packet	
flaked almonds	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2714kJ (649cal)	232kJ (55cal)
Protein (g)	56.2g	4.8g
Fat, total (g)	28.7g	2.5g
- saturated (g)	12.6g	1.1g
Carbohydrate (g)	40.3g	3.4g
- sugars (g)	19.6g	1.7g
Sodium (mg)	979mg	83.6mg
Dietary Fibre (g)	16.7g	1.4g

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.



# Prep the sweet potatoes

- Preheat oven to 240°C/220°C fan-forced.
- Cut each sweet potato in half lengthways.
- Place one potato half flat-side down on a board between two wooden spoon handles (or chopsticks). Thinly slice sweet potato without cutting all the way through.
- Repeat with remaining sweet potato.



# Bake the sweet potatoes

- Place sweet potatoes on a lined oven tray, flat side down.
- Sprinkle over Nan's special seasoning and drizzle with olive oil.
- Toss gently to combine and bake until tender,
   30-35 minutes.

**Little cooks:** Help with sprinkling over the seasoning and tossing the potatoes.



#### Bake the chicken

- Meanwhile, cut broccoli into small florets, then roughly chop stalk.
- Thinly slice carrot into sticks.
- · Finely chop garlic.
- When potatoes have 10 minutes remaining, place chicken tenderloins on a second lined oven tray. Drizzle with olive oil, sprinkle over Aussie spice blend and toss to coat.
- · Bake until cooked through, 8-10 minutes.

**TIP:** Chicken is cooked through when it is no longer pink inside.

**Little cooks:** Toss the chicken with the spice blend!



# Cook the veggies

- While chicken is baking, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook broccoli and carrot, tossing until tender,
   6-7 minutes. Transfer to a bowl and cover to keep warm.

**TIP:** Add a dash of water to the pan to help speed up the cooking process.



## Make the sauce

- Wash out frying pan and return to medium-high heat with a drizzle of olive oil.
- Cook garlic until fragrant, 1 minute.
- Stir in light cooking cream and Parmesan cheese until slightly thickened, 1-2 minutes.
   Season with salt and pepper.

**Little cooks:** *Under adult supervision, older kids can help stir in the cream and cheese.* 



## Serve up

- Divide chicken tendies, hasselback sweet potatoes and sautéed veggies between plates.
- Place flaked almonds into hasselback slits to resemble a hedgehog. Pour cheesy white sauce over veggies to serve. Enjoy!

**Little cooks:** Take the lead and help assemble the hedgehog potatoes!







across two trays if necessary.

SWAP TO CHICKEN THIGH

Add seasoning as above. Cook, turning occasionally, until browned and cooked through, 10-14 minutes.

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

