

Chicken Tendies & Hedgehog Sweet Potatoes

with Cheesy White Sauce & Sautéed Veggies

KID'S KITCHEN

NEW

Grab your meal kit with this number

44



Sweet Potato



Nan's Special Seasoning



Broccoli



Carrot



Garlic



Chicken Tenderloins



Aussie Spice Blend



Light Cooking Cream



Parmesan Cheese



Flaked Almonds



Chicken Tenderloins



Chicken Thigh

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



Protein Rich



Eat Me Early

It's all hands on deck because this recipe is designed to be cooked by grown-ups and kids together! This week's dinner is sure to get prickly, with spikey hedgehog hasselback sweet potatoes taking over the kitchen. While the kid's take care of this thorny veg, whip up an easy, cheesy sauce and spiced chicken to complete the meal!

Pantry items

Olive Oil

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

	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

*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**.



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.



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.



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.



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!



Serve up

- Divide chicken tenderloins, 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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



CUSTOM OPTIONS



DOUBLE CHICKEN TENDERLOINS

Follow method above, spreading chicken 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.

