



# Lemon Chicken & Tomato-Olive Salad

with Roast Sweet Potatoes & Dill-Parsley Mayo

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

39



Sweet Potato



Snacking Tomatoes



Cucumber



Lemon



Chicken Tenderloins



Lemon Pepper Seasoning



Kalamata Olives



Spinach & Rocket Mix



Dill & Parsley Mayonnaise



Salmon



Chicken Tenderloins

Prep in: 15-25 mins  
Ready in: 30-40 mins

Carb Smart

Protein Rich

Eat Me Early

The Mediterranean is calling! Juicy olives, a bright garden salad and lemon pepper chicken are all at the ready to bring the Mediterranean flavours that we all know and love right onto your plate.

### 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
snacking tomatoes	1 packet	2 packets
cucumber	1	2
lemon	½	1
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
lemon pepper seasoning	1 sachet	2 sachets
kalamata olives	1 packet	2 packets
spinach & rocket mix	½ medium packet	1 medium packet
dill & parsley mayonnaise	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2255kJ (538Cal)	327kJ (78Cal)
Protein (g)	43.8g	6.4g
Fat, total (g)	23g	3.3g
- saturated (g)	2.6g	0.4g
Carbohydrate (g)	36.7g	5.3g
- sugars (g)	15.9g	2.3g
Sodium (mg)	723mg	105mg
Dietary Fibre (g)	10.5g	1.5g

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://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the sweet potato chunks

- Preheat oven to **240°C/220°C fan forced**.
- Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato chunks** on a lined oven tray with a drizzle of **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

3



## Cook the chicken

- In a large bowl, combine **chicken tenderloins**, **lemon pepper seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned and cooked through, **3-4 minutes** each side.

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

2



## Get prepped

- While the potato is roasting, halve **snacking tomatoes**.
- Slice **cucumber** into half-moons.
- Slice **lemon** into wedges.

4



## Serve up

- Meanwhile, in a second large bowl, combine tomatoes, cucumber, **kalamata olives** and **spinach & rocket mix (see ingredients)**. Add a squeeze of lemon juice and a drizzle of olive oil. Season and toss to coat.
- Divide lemon chicken, roast sweet potatoes and tomato-olive salad between plates.
- Serve with **dill & parsley mayonnaise** and any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



2024 | CW52

### CUSTOM OPTIONS



#### SWAP TO SALMON

Cook over high heat with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.



#### DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.

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

