



All-American Chicken with Garlic-Herb Potatoes & Salad

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

KID FRIENDLY

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2484kJ (594Cal) | Protein 42.9g | Fat, total 31.3g - saturated 5.4g | Carbohydrate 32.2g - sugars 12.2g | Sodium 1379mg
Carb smart | The quantities provided above are averages only.

We're here to help! Scan here
2023 | WK15 | W



Get ready

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Chicken Tenderloins	1 small pkt	1 large pkt
Mustard Cider Dressing	1 pkt	2 pkts
Roasted Potatoes With Garlic Herb Butter	1 medium pkt	2 medium pkts
Smokey Aioli	1 medium pkt	2 medium pkts

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.

1. Sizzle



Chicken Tenderloins



All-American Spice Blend

2. Toss



Tomato



Cucumber



Mixed Salad Leaves



Mustard Cider Dressing

3. Zap



Roasted Potatoes with Garlic Herb Butter



Smokey Aioli

- Heat **olive oil** in a frying pan over medium-high heat
- Cook **chicken** until golden and cooked through, **3-4 mins** each side
- In the **last minute** of cook time, sprinkle over the **spice blend** and toss to coat

- Chop **tomato** and **cucumber**
- In a bowl, combine **salad leaves**, **tomato** and **cucumber**
- Add **dressing**, then toss and season

- Meanwhile, prick a few holes in **potato** container
- Microwave **potatoes** until soft and steaming, **4-5 mins**
- Plate up **chicken**, **potatoes** and **salad**. Serve with **smokey aioli**



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