



Chicken Tenderloins & Cheesy Garlic Sauce

with Creamy Mash & Veggies

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Garlic



Parsley



Aussie Spice Blend



Chicken Tenderloins



Light Thickened Cream



Grated Parmesan Cheese



Chicken-Style Stock Powder

Hands-on: **30-40 mins**
 Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Eat Me Early

Quick-cooking chicken tenderloins get a flavour upgrade with our popular Aussie spice blend and a cheesy garlic sauce. Add some creamy mash and colourful veggies, and dinner is served!

Pantry items

Olive Oil, Butter, Milk

Before you start

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 will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	30g	60g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
broccoli	1 head	2 heads
carrot	1	2
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
Aussie spice blend	½ sachet	1 sachet
chicken tenderloins	1 small packet	1 large packet
light thickened cream	1 medium packet	2 medium packets
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
chicken-style stock powder	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3249kJ (776Cal)	427kJ (102Cal)
Protein (g)	58.3g	7.7g
Fat, total (g)	41.5g	5.5g
- saturated (g)	23.1g	3g
Carbohydrate (g)	38.1g	5g
- sugars (g)	12.2g	1.6g
Sodium (mg)	1087mg	143mg

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.



Make the mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into large chunks. Cook in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to the pan. Add the **butter, milk** and the **salt**. Mash until smooth. Cover to keep warm.



Get prepped

While the potato is cooking, chop the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** into half-moons. Finely chop the **garlic** and **parsley**. In a medium bowl, combine the **Aussie spice blend** (see ingredients) with a pinch of **pepper** and a drizzle of **olive oil**. Add the **chicken tenderloins**, turning to coat.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Add the **broccoli, carrot** and a generous splash of **water** and cook, stirring, until softened, **5-6 minutes**. Add the 1/2 the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken** until browned and cooked through, **3-4 minutes** each side. Transfer to a plate.

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



Cook the sauce

Wipe out the frying pan and return to a medium heat with a drizzle of **olive oil**. Add the remaining **garlic** and cook until fragrant, **30 seconds**. Add the **light thickened cream, grated Parmesan cheese, parsley** and **chicken-style stock powder**. Stir to combine, then stir in any **chicken resting juices** and a pinch of **pepper**. Reduce the heat to low and simmer until thickened slightly, **1 minute**.



Serve up

Divide the chicken tenderloins, creamy mash and veggies between plates. Serve drizzled with the cheesy garlic sauce.

Enjoy!

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