



# Easy Chicken Tenders & Crushed Lemon Potatoes

with Cherry Tomato Salad & Garlic Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Lemon



Chicken-Style Stock Powder



Aussie Spice Blend



Snacking Tomatoes



Mixed Salad Leaves



Garlic Paste



Chicken Tenderloins



Garlic Aioli



Beef Rump

Prep in: 15-25 mins  
Ready in: 25-35 mins

Carb Smart

Eat Me Early

We've put all the much-loved family flavours into one delectable dinner - from the Aussie-spiced chicken to the potatoes spiked with citrus, this dish features everything we're addicted to!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Honey, Balsamic Vinegar

## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
lemon	½	1
<b>butter*</b>	15g	30g
garlic paste	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
<b>water*</b>	1 tbs	2 tbs
Aussie spice blend	1 medium sachet	2 medium sachets
chicken tenderloins	1 small packet	1 large packet
snacking tomatoes	1 punnet	2 punnets
<b>honey*</b>	½ tsp	1 tsp
<b>balsamic vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
beef rump**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2544kJ (608Cal)	446kJ (107Cal)
Protein (g)	43.6g	7.6g
Fat, total (g)	32.6g	5.7g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	32.3g	5.7g
- sugars (g)	6.9g	1.2g
Sodium (mg)	1126mg	197mg
Dietary Fibre (g)	6.4g	1.1g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2507kJ (599Cal)	452kJ (108Cal)
Protein (g)	37.7g	6.8g
Fat, total (g)	34.4g	6.2g
- saturated (g)	7.6g	1.4g
Carbohydrate (g)	32.3g	5.8g
- sugars (g)	6.9g	1.2g
Sodium (mg)	1130mg	204mg
Dietary Fibre (g)	6.2g	1.1g

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.

## We're here to help!

Scan here if you have any questions or concerns  
2022 | CW46



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## Make the crushed potatoes

- Bring a medium saucepan of lightly salted water to the boil. Cut **potato** into large chunks. Cut **lemon** into wedges.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and set aside.
- Return saucepan to medium-high heat with a drizzle of **olive oil** and the **butter**. Cook 1/2 the **garlic paste**, stirring, until fragrant, **1 minute**.
- Add **chicken-style stock powder**, the **water** and a squeeze of **lemon juice**, then bring to the boil. Remove from heat, return **potato** to pan and toss to coat. Lightly crush **potato**, then cover to keep warm.

**TIP:** Use as much or little lemon juice as you'd like.

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## Make the salad

- Halve **snacking tomatoes**.
- In a large bowl, combine the **honey** with a drizzle of **balsamic vinegar** and **olive oil**.
- Add **mixed salad leaves** and **snacking tomatoes**. Toss to combine.

**Little cooks:** Help toss the salad!

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## Cook the chicken

- While the potato is cooking, combine **Aussie spice blend**, remaining **garlic paste** and a drizzle of **olive oil** in a medium bowl. Add **chicken tenderloins**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, in batches, until browned and cooked through (when it's no longer pink inside!), **3-4 minutes** each side. Transfer to a plate.

**Custom Recipe:** If you've swapped to beef rump, place beef between two sheets of baking paper. Pound with a rolling pin until slightly flattened (this ensures it's nice and tender!). Combine beef rump with spice blend as above. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook the beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

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## Serve up

- Divide chicken tenders, crushed lemon potatoes and tomato salad between plates. Spoon any resting juices over the chicken.
- Drizzle **garlic aioli** over chicken. Serve with any remaining lemon wedges. Enjoy!

**Custom Recipe:** Slice beef to serve.