



Easy Aussie-Spiced Chicken

with Potato Salad & Cheesy Spinach Slaw

Grab your Meal Kit with this symbol



Potato



Dill & Parsley Mayonnaise



Aussie Spice Blend



Chicken Tenderloins



Apple



Baby Spinach Leaves



Slaw Mix



Grated Parmesan Cheese

Hands-on: **15-25 mins**
 Ready in: **20-30 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Eat Me Early

This crowd-pleasing meal requires zero oven time and is perfect for the warmer weather. Our Aussie spice blend and herby mayo come in handy for amping up the flavour of the chicken and potato salad - leaving you to do very little!

Pantry items

Olive Oil, Butter, White Wine 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
Aussie spice blend	1 sachet	2 sachets
chicken tenderloins	1 small packet	1 large packet
apple	1	2
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
slaw mix	1 small bag	1 large bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2851kJ (681Cal)	500kJ (120Cal)
Protein (g)	48.6g	8.5g
Fat, total (g)	36.5g	6.4g
- saturated (g)	11.3g	2g
Carbohydrate (g)	37.8g	6.6g
- sugars (g)	12.6g	6.6g
Sodium (mg)	788mg	138mg

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.



Cook the potato

- Boil the kettle. Cut **potato** into bite-sized chunks.
- Add the **boiling water** to a medium saucepan over a medium-high heat. Add **potato** and a good pinch of salt and cook until easily pierced with a knife, **12-15 minutes**.
- Drain **potato** and return to pan. Add the **butter** and **dill & parsley mayonnaise**. Toss to combine and season to taste. Cover to keep warm.



Make the slaw

- While chicken is cooking, thinly slice **apple** into wedges. Roughly chop **baby spinach leaves**.
- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **slaw mix**, **apple**, **spinach** and **grated Parmesan cheese**. Toss to combine.



Cook the chicken

- While potato is cooking, combine **Aussie spice blend**, a pinch of **salt** and **pepper** and a drizzle of **olive oil** in a medium bowl. Add **chicken tenderloins** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **chicken**, turning occasionally, until browned and cooked through, **3-4 minutes** each side.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

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



Serve up

- Divide Aussie-spiced chicken and potato salad between plates.
- Serve with cheesy spinach slaw.

Enjoy!