

Garlicky Chicken & Smokey Aioli

with Potato Wedges & Apple Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Nan's Special Seasoning



Tomato



Apple



Carrot



Chicken Breast



Garlic & Herb Seasoning



Mixed Salad Leaves



Flaked Almonds




Smokey Aioli



Premium Sirloin Tip

Prep in: 30-40 mins
Ready in: 35-45 mins

 Carb Smart

 Eat Me Early

If you're looking to keep your carbs in check, without comprising flavour and taste, then this is the dinner for you. Enjoy all of your usual dinner-time favourites guilt-free; tender garlicky chicken, Nan's special spiced potatoes and a gorgeous apple salad!

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Nan's special seasoning	1 medium sachet	1 large sachet
tomato	1	2
apple	1	2
carrot	½	1
chicken breast	1 small packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet
smokey aioli	1 medium packet	1 large packet
premium sirloin tip**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2319kJ (554Cal)	417kJ (100Cal)
Protein (g)	41.3g	7.4g
Fat, total (g)	24.6g	4.4g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	39.9g	7.2g
- sugars (g)	16.5g	3g
Sodium (mg)	1094mg	197mg
Dietary Fibre (g)	8.9g	=1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2297kJ (549Cal)	424kJ (101Cal)
Protein (g)	38.6g	7.1g
Fat, total (g)	25.3g	4.7g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	39.9g	7.4g
- sugars (g)	16.5g	3g
Sodium (mg)	1081mg	200mg
Dietary Fibre (g)	8.7g	1.6g

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.

We're here to help!

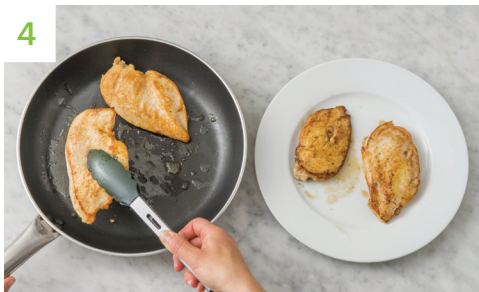
Scan here if you have any questions or concerns



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Sprinkle over **Nan's special seasoning** and drizzle with **olive oil**. Toss to coat. Roast until tender, **20-25 minutes**.

Little cooks: Help with sprinkling over the seasoning!



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken steaks** until cooked through. **3-6 minutes** each side (cook in batches if your pan is getting crowded).

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

Custom Recipe: Transfer seared beef to a lined oven tray and roast for 15-20 minutes for medium or until cooked to your liking. Remove from oven and cover with foil to rest for 10 minutes. The meat will keep cooking as it rests!



Get prepped

- Meanwhile, roughly chop **tomato**.
- Thinly slice **apple**.
- Grate **carrot** (see ingredients).



Toss the salad

- Meanwhile combine a drizzle of the **vinegar** and **olive oil** and a pinch of **salt** and **pepper** in a second large bowl.
- Add **apple, tomato, carrot** and **mixed salad leaves**. Just before serving, toss to coat.

Little cooks: Take the lead by tossing the salad!



Flavour the chicken

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a large bowl, combine **garlic & herb seasoning**, a good drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Add **chicken steaks**, turning to coat.

Custom Recipe: If you've upgraded to sirloin tip, heat a drizzle of olive oil in a large frying pan over high heat. Season premium sirloin tip all over with garlic & herb seasoning and a good drizzle of olive oil. Add sirloin to the hot pan. Sear until browned, 1 minute on both sides.



Serve up

- Divide garlic and herb chicken, roast potato wedges and apple salad between plates.
- Spoon any resting juices over the chicken. Sprinkle over **flaked almonds**.
- Serve with **smokey aioli**. Enjoy!

Custom Recipe: Slice premium sirloin tip to serve.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate