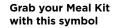


Lemon Pepper Chicken Tenders

with Cheesy Sweet Potato Fries & Apple Salad







Sweet Potato





Chicken Tenderloin



Lemon Pepper Spice Blend







Dijon Mustard



Mixed Salad Leaves



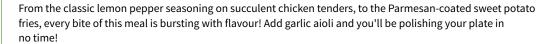


Hands-on: 15-25 mins Ready in: 35-45 mins

Eat me early



ow Calorie



Pantry items Olive Oil, Honey

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
sweet potato	2	4
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
chicken tenderloin	1 small packet	1 large packet
lemon pepper spice blend	1 sachet	2 sachets
tomato	1	2
apple	1	2
Dijon mustard	½ tub	1 tub
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
garlic aioli	1 packet (50g)	1 packet (100g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2224kJ (531Cal)	407kJ (97Cal)
Protein (g)	54g	9.9g
Fat, total (g)	16.6g	3g
- saturated (g)	7.2g	1.3g
Carbohydrate (g)	37.3g	6.8g
- sugars (g)	19.6g	3.6g
Sodium (mg)	665mg	122mg

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. Bake the sweet potato fries

Preheat the oven to 240°C/220°C fan-forced. Cut the sweet potato (unpeeled) into 1cm fries. Place the sweet potato, a drizzle of olive oil and a pinch of salt and pepper over an oven tray lined with baking paper. Toss to coat, then spread out in a single layer and bake for 20-25 minutes. Sprinkle with the grated Parmesan cheese and bake until golden and crisp, 5 minutes.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.

TIP: If your oven tray is crowded, separate across two trays.



2. Flavour the chicken

While the sweet potato fries are baking, combine the **chicken tenderloins**, **lemon pepper spice blend**, a **drizzle** of **olive oil**, the **salt** and a **pinch** of **pepper** in a large bowl.



3. Prep the salad

Roughly chop the tomato. Thinly slice the apple.



4. Make the salad

In a large bowl, combine the **Dijon mustard (see ingredients list)**, honey and a **good drizzle** of **olive oil**. Add the **mixed salad leaves**, **apple** and **tomato**. Just before serving, toss to coat.

TIP: Dress the salad just before serving to keep the leaves crisp.



5. Cook the chicken

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

TIP: If your pan is getting crowded, cook in batches for the best results, adding more oil as needed. **TIP:** Chicken is cooked through when it's no longer pink inside.



6. Serve up

Divide the cheesy sweet potato chips, lemon pepper chicken tenders and the salad between plates. Serve with a dollop of **garlic aioli**.

TIP: For the low-calorie option, omit the garlic aioli.

Enjoy!