



# Lemon Pepper Chicken Tenders

with Cheesy Sweet Potato Fries & Apple Salad

Grab your Meal Kit with this symbol



Sweet Potato



Grated Parmesan Cheese



Chicken Tenderloin



Lemon Pepper Spice Blend



Tomato



Apple



Dijon Mustard



Mixed Salad Leaves



Garlic Aioli

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

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

Low Calorie

From the classic lemon pepper seasoning on succulent chicken tenders, to the Parmesan-coated sweet potato fries, every bite of this meal is bursting with flavour! Add garlic aioli and you'll be polishing your plate in no time!

## 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](https://www.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.



## 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.



## 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.



## 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.



## 3. Prep the salad

Roughly chop the **tomato**. Thinly slice the **apple**.



## 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!**