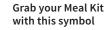
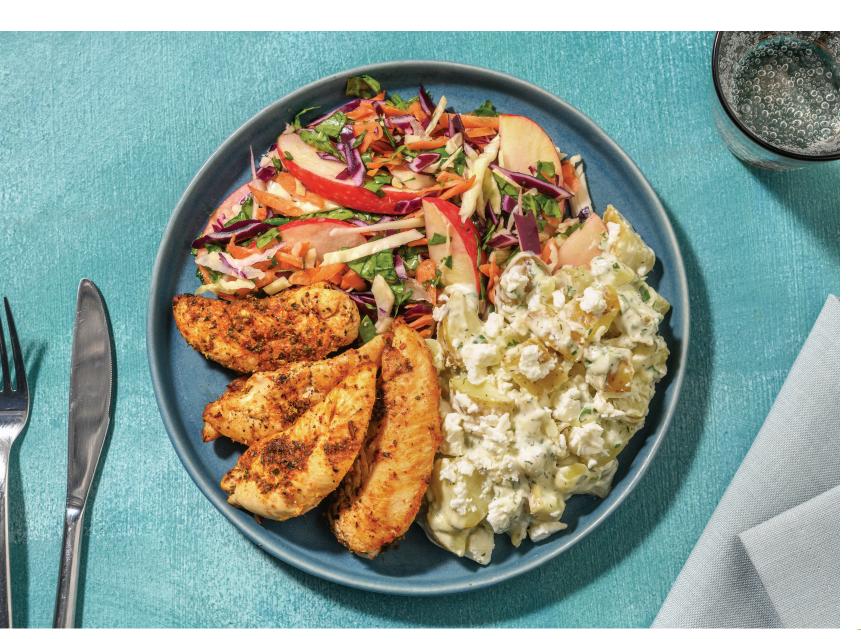
Quick American-Spiced Chicken with Apple Slaw & Warm Potato-Fetta Salad











Stock Powder



All-American



Spice Blend





Baby Spinach Leaves

Dill & Parsley Mayonnaise







Fetta Cubes

Chicken Tenderloins



Slaw Mix



Prep in: 15-25 mins Ready in: 20-30 mins

Eat Me Early



In this crowd-pleasing meal that requires zero oven time, our All-American 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!



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 with a lid · Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
chicken-style stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
fetta cubes	1 small packet	1 medium packet
All-American spice blend	1 medium sachet	1 large sachet
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
haloumi**	1 packet	2 packets

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2771kJ (662Cal)	489kJ (117Cal)
Protein (g)	46g	8.1g
Fat, total (g)	35.6g	6.3g
- saturated (g)	10g	1.8g
Carbohydrate (g)	36.9g	6.5g
- sugars (g)	14.1g	2.5g
Sodium (mg)	1307mg	231mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3184kJ (761Cal)	647kJ (155Cal)
Protein (g)	27g	5.5g
Fat, total (g)	54.2g	11g
- saturated (g)	22.6g	4.6g
Carbohydrate (g)	39.3g	8g
- sugars (g)	15.8g	3.2g
Sodium (mg)	2110mg	429mg

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.



Scan here if you have any questions or concerns

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Make the potato salad

- Boil the kettle. Cut potato into bite-sized chunks.
- Half-fill a medium saucepan with the boiled water. Add chicken-style stock powder, then place over medium-high heat.
- Cook potato in the boiling water until easily pierced with a knife,
 12-15 minutes.
- Drain potato, then return to pan. Add the butter and dill & parsley
 mayonnaise. Crumble in fetta cubes. Toss to combine and season to taste.
 Cover to keep warm.

Little cooks: Lend a hand by crumbling in the fetta cubes under adult supervision. Be careful, the pan is hot!



Make the slaw

 Meanwhile, thinly slice apple into wedges. Roughly chop baby spinach leaves. In a large bowl, combine a drizzle of white wine vinegar and olive oil. Season, then add slaw mix, apple and spinach. Toss to combine.

Little cooks: Take the lead by tossing the slaw!



Cook the chicken

- SPICY! The spice blend is mild, but use less if you're sensitive to heat. While
 the potato is cooking, combine All-American spice blend, a pinch of salt
 and pepper 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, turning occasionally, until browned and cooked through (when no longer pink inside), 3-4 minutes each side.

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

Custom Recipe: If you've swapped to haloumi, cut haloumi into 1cm-thick slices. Toss in spice blend as above. Heat pan as above. Cook haloumi until golden brown, 1-2 minutes each side.



Serve up

• Divide American-spiced chicken, apple slaw and warm potato-fetta salad between plates to serve. Enjoy!