

Quick American-Spiced Chicken

with Apple Slaw & Warm Potato-Fetta Salad

Grab your Meal Kit with this symbol



Potato



Chicken-Style Stock Powder



All-American Spice Blend



Apple



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Fetta Cubes



Chicken Tenderloins



Slaw Mix



Haloumi

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



Naturally Gluten-Free
Not suitable for coeliacs



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!

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

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 with a lid · Large frying pan

Ingredients

	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	1 packet	1 packet
mayonnaise	(50g)	(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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW24



1



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!

3



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!

2



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.

4



Serve up

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

Rate your recipe

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