



Quick Aussie Chicken & Creamy Slaw

with Apple & Ciabatta Croutons

Grab your Meal Kit with this symbol



Bake-At-Home Ciabatta



Aussie Spice Blend



Apple



Baby Spinach Leaves



Chicken Tenderloins



Dill & Parsley Mayonnaise



Slaw Mix

Prep in: 10-20 mins
Ready in: 20-30 mins

Eat Me Early

Our tried-and-true Aussie spice blend saves the day! A new winner of a chicken dinner, this one comes complete with a creamy, herby slaw with a touch of tartness from the apple, plus baked croutons for that crunch factor.

Pantry items

Olive Oil

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
bake-at-home ciabatta	1	2
chicken tenderloins	1 small packet	1 large packet
Aussie spice blend	1 large sachet	2 large sachets
apple	1	2
baby spinach leaves	1 small bag	1 medium bag
dill & parsley mayonnaise	1 large packet	2 large packets
slaw mix	1 small bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3011kJ (720Cal)	717kJ (171Cal)
Protein (g)	44g	10.5g
Fat, total (g)	42.2g	10g
- saturated (g)	4.1g	1g
Carbohydrate (g)	40.2g	9.6g
- sugars (g)	11.2g	2.7g
Sodium (mg)	933mg	222mg

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.

1



Bake the chicken & croutons

- Preheat oven to **240°C/200°C fan-forced**. Cut or tear **bake-at-home ciabatta** into chunks.
- Place **chicken tenderloins** on one side of a lined oven tray. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and season with **salt** and **pepper**. Turn to coat.
- Place **ciabatta chunks** on the other side of the oven tray.
- Bake until chicken is cooked through and croutons are golden, **8-10 minutes**.

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

Little cooks: Lend a hand by tearing the ciabatta into chunks!

3



Toss the slaw

- In a large bowl, combine **dill & parsley mayonnaise**, a drizzle of **olive oil** and a splash of **water**.
- Add **slaw mix**, **apple**, **spinach** and slightly cooled **croutons**.
- Season, then toss to coat.

Little cooks: Take charge by tossing the slaw!

2



Get prepped

- Meanwhile, thinly slice **apple**.
- Roughly chop **baby spinach leaves**.

4



Serve up

- Divide creamy slaw between plates. Top with Aussie chicken.
- Pour over any juices from the oven tray to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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