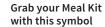


Quick Aussie Chicken & Creamy Slaw

with Apple & Ciabatta Croutons

KID FRIENDLY









Ciabatta





Baby Spinach





Chicken Tenderloins

Dill & Parsley Mayonnaise



Slaw Mix





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

Eat Me Early

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
refer to method	refer to method
1	2
1 small packet	1 large packet
1 medium sachet	2 medium sachets
1	2
1 small bag	1 medium bag
1 large packet	2 large packets
1 small bag	1 large bag
1 packet	2 packets
	refer to method 1 1 small packet 1 medium sachet 1 small bag 1 large packet 1 small bag

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2999kJ (717Cal)	714kJ (171Cal)
Protein (g)	43.9g	10.5g
Fat, total (g)	42g	10g
- saturated (g)	4.1g	1g
Carbohydrate (g)	39.7g	9.5g
- sugars (g)	10.9g	2.6g
Sodium (mg)	952mg	227mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3602kJ (861Cal)	987kJ (236Cal)
Protein (g)	21.9g	6g
Fat, total (g)	59g	16.2g
- saturated (g)	5.2g	1.4g
Carbohydrate (g)	58.7g	16.1g
- sugars (g)	11.9g	3.3g
Sodium (mg)	1658mg	454mg

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.



Bake the chicken & croutons

- Preheat oven to 240°C/220°C fan-forced. Cut or tear bake-at-home ciabatta into bitesized 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 (when no longer pink inside) and croutons are golden, 8-10 minutes.

Little cooks: Take the lead by tearing the ciabatta!



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!



Get prepped

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

Custom Recipe: If you've swapped to plant-based crumbed chicken, in a medium bowl, combine Aussie spice blend and a drizzle of olive oil. Add plant-based crumbed chicken, turn to coat. Place a large frying pan over medium-high heat with enough olive oil to coat the base. Cook plant-based crumbed chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.



Serve up

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

