



# Quick Aussie Chicken & Creamy Slaw

with Apple & Ciabatta Croutons

KID FRIENDLY

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



Plant-Based Crumbed Chicken

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.

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

### 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
<b>olive oil*</b>	refer to method	refer to method
bake-at-home ciabatta	1	2
chicken tenderloins	1 small packet	1 large packet
Aussie spice blend	1 medium sachet	2 medium 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
plant-based crumbed chicken**	1 packet	2 packets

\*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](https://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

2023 | CW06



1



## 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!

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**.

**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.

4



## Serve up

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

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)