



Tandoori Chicken Tenders

with Curry Leaf Sweet Potatoes & Garlic Sauce

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Curry Leaves



Cucumber



Chicken Tenderloins



Tandoori Paste



Mixed Salad Leaves



Garlic Sauce



Beef Strips

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart

Eat Me Early

We are taking things up a notch tonight, by adding our glorious tandoori paste onto chicken tenders. The fun doesn't end here; add a delectable curry leaf butter to the sweet potatoes and here you'll have your classic chicken and veggies, but just that much better!

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

Pantry items

Olive Oil, Butter, Honey, Vinegar (White Wine or Balsamic)

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
sweet potato	2	4
curry leaves	1 stem	2 stems
butter*	20g	40g
cucumber	1	2
chicken tenderloins	1 small packet	1 large packet
tandoori paste	1 packet	2 packets
honey*	½ tbs	1 tbs
mixed salad leaves	1 medium bag	2 medium bags
vinegar* (white wine or balsamic)	drizzle	drizzle
garlic sauce	1 medium packet	2 medium packets
beef strips**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2141kJ (512Cal)	398kJ (95Cal)
Protein (g)	43g	8g
Fat, total (g)	20.8g	3.9g
- saturated (g)	7.1g	1.3g
Carbohydrate (g)	37.5g	7g
- sugars (g)	18g	3.3g
Sodium (mg)	919mg	171mg
Dietary Fibre (g)	8.6g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2215kJ (529Cal)	445kJ (106Cal)
Protein (g)	36.4g	7.3g
Fat, total (g)	25.8g	5.2g
- saturated (g)	9.5g	1.9g
Carbohydrate (g)	37.5g	7.5g
- sugars (g)	18g	3.6g
Sodium (mg)	916mg	184mg
Dietary Fibre (g)	8.4g	1.7g

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



Roast the sweet potatoes

- Preheat oven to **240°C/220°C**. Cut **sweet potato** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until just tender, **20-25 minutes**.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken tenderloins** until browned and cooked through, **3-4 minutes** each side.
- Remove pan from heat and add the **honey**, turning to coat. Season to taste.

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

Custom Recipe: If you've swapped to beef strips, in a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips, tossing, in batches until browned and cooked through, 1-2 minutes. Remove pan from heat, return all beef to pan and add honey, turning to coat. Season to taste and transfer to a plate.



Toss the sweet potatoes

- Meanwhile, pick **curry leaves** and roughly chop.
- In a heatproof bowl, add **curry leaves** and the **butter** and microwave in **10 second** bursts, until melted.
- When the potatoes are done, pour **curry leaf butter** over potatoes, tossing to coat.



Toss the salad

- Just before serving, in a second large bowl, combine **mixed salad leaves**, **cucumber** and a drizzle of the **vinegar** and **olive oil**. Season.

Little cooks: Take the lead by tossing the salad!



Get prepped

- When potatoes have **10 minutes** remaining, thinly slice **cucumber** into rounds.
- In a large bowl, combine **chicken tenderloins**, **tandoori paste** and a pinch of **salt**.

Little cooks: Take charge by tossing the chicken in the paste!



Serve up

- Divide tandoori chicken tenders, curry leaf sweet potatoes and cucumber salad between plates.
- Serve with **garlic sauce**. Enjoy!

Rate your recipe

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