



# Easy Chicken Tenders & Lemony Potatoes

with Tomato Salad & Hollandaise

MEDITERRANEAN

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Lemon



Garlic Paste



Chicken-Style Stock Powder



Aussie Spice Blend



Chicken Breast Strips



Tomato



Radish



Salad Leaves



Hollandaise



Beef Rump

### Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins  
Ready in: 25-35 mins

Calorie Smart

Eat Me Early

A mashed potato is a classic but wouldn't it be fun if we tried something a little different tonight? Why not crush the potatoes instead with a squeeze of lemon juice for extra zap. They'll go nicely with the seasoned chicken, drizzled in hollandaise. This will become the only way you'll want your potatoes and chicken.

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

### Pantry items

Olive Oil, Butter, Honey, Balsamic Vinegar

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
lemon	½	1
<b>butter*</b>	15g	30g
garlic paste	½ medium packet	1 medium packet
chicken-style stock powder	1 medium sachet	1 large sachet
Aussie spice blend	1 medium sachet	1 large sachet
chicken breast strips	1 packet	1 packet
tomato	1	2
radish	2	3
<b>honey*</b>	½ tsp	1 tsp
<b>balsamic vinegar*</b>	drizzle	drizzle
salad leaves	1 medium bag	1 large bag
hollandaise	1 medium packet	2 medium packets
beef rump**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2322kJ (555Cal)	387kJ (92Cal)
Protein (g)	39.8g	6.6g
Fat, total (g)	22g	3.7g
- saturated (g)	7g	1.2g
Carbohydrate (g)	46.8g	7.8g
- sugars (g)	20g	3.3g
Sodium (mg)	1636mg	273mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2389kJ (571Cal)	405kJ (97Cal)
Protein (g)	39.2g	6.6g
Fat, total (g)	24.2g	4.1g
- saturated (g)	9.4g	1.6g
Carbohydrate (g)	46.8g	7.9g
- sugars (g)	20g	3.4g
Sodium (mg)	1628mg	276mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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

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## Make the crushed potatoes

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cut **potato** into large chunks. Slice **lemon** into wedges.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain.
- Return the empty saucepan to medium-high heat, add the **butter** and half the **garlic paste** and cook, stirring, until fragrant, **1 minute**.
- Add a generous squeeze of **lemon juice** and **chicken-style stock powder**. Stir to combine, then remove from heat.
- Add **potato** to the pan and toss to coat. Lightly crush with a fork. Cover to keep warm.

**TIP:** Add a splash of water if the potato looks dry!

3



## Make the salad

- Roughly chop **tomato**. Thinly slice **radish**.
- In a large bowl, combine the **honey** with a drizzle of **balsamic vinegar** and **olive oil**.
- Add **salad leaves, tomato** and **radish**. Toss to combine.

**Little cooks:** Help toss the salad!

2



## Cook the chicken

- While the potato is cooking, combine **Aussie spice blend**, remaining **garlic paste** and a drizzle of **olive oil** in a medium bowl. Add **chicken breast strips**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken strips** in batches, until browned and cooked through, **3-4 minutes** each side. Transfer to a plate.

**Custom Recipe:** If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef with Aussie spice blend, remaining garlic paste and a drizzle of olive oil. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 5-6 minutes, or until cooked to your liking. Transfer to a plate to rest.

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## Serve up

- Divide easy chicken tenders, crushed lemon potatoes and tomato salad between plates. Spoon any resting juices over the chicken.
- Serve with **hollandaise** and any remaining lemon wedges. Enjoy!

**Custom Recipe:** Slice beef rump.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)