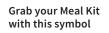


Easy Chicken Tenders & Lemony Potatoes

with Tomato Salad & Hollandaise

MEDITERRANEAN

KID FRIENDLY











Garlic Paste







Aussie Spice



Chicken Breast

Blend







Tomato



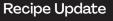
Salad Leaves



Radish

Hollandaise

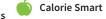




Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

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

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.

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

ingi calcino				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
lemon	1/2	1		
butter*	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		
honey*	½ tsp	1 tsp		
balsamic vinegar*	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 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







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!



Make the salad

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

Little cooks: Help toss the salad!



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.



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