

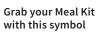
Crumbed Chicken Tenders & Tomato Relish

with Kumara Fries & Cherry Tomato Garden Salad

NEW

KID FRIENDLY

CLIMATE SUPERSTAR









Blend





Panko Breadcrumbs

Chicken Breast





Mixed Salad

Leaves

Cherry Tomatoes



Beetroot Relish



Mayonnaise



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

Eat Me Early



Spiced all nice and crumbed to golden perfection, it would be a crime to deprive these juicy chicken tenders of a good dipping sauce. Lucky we've got two - a tangy relish and creamy mayo pairing. Don't forget to dip in the kumara fries too!



Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Balsamic)

Pantry items

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

Oven tray lined with baking paper · Large frying pan

Ingredients

in ign danoritos			
2 People	4 People		
refer to method	refer to method		
2	4		
2 tbs	¼ cup		
1 medium sachet	1 large sachet		
1	2		
1 medium packet	1 large packet		
1 medium packet	2 medium packets OR 1 large packet		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
drizzle	drizzle		
1 medium packet	2 medium packets		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
	refer to method 2 2 tbs 1 medium sachet 1 1 medium packet 1 medium packet 1 medium packet 1 medium packet drizzle 1 medium packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2550kJ (609Cal)	483kJ (115Cal)
Protein (g)	40.7g	7.7g
Fat, total (g)	16.4g	3.1g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	74.2g	14.1g
- sugars (g)	18.4g	3.5g
Sodium (mg)	1026mg	195mg
Dietary Fibre (g)	8.4g	1.6g
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2754kJ (658Cal)	510kJ (122Cal)
Protein (g)	45g	8.3g
Fat, total (g)	19.8g	3.7g
- saturated (g)	5.5g	1g
Carbohydrate (g)	74.4g	13.8g
- sugars (g)	18.5g	3.4g
Sodium (mg)	1118mg	207mg
Dietary fibre	8.4g	1.6g

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

2024 | CW19



Bake the fries

- Preheat oven to 240°C/220°C fan-forced. Cut kumara into fries.
- Place fries on lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide fries between two trays.

Custom Recipe: If you've added grated Parmesan cheese, in the last 5 minutes of cook time, remove kumara from oven and top with Parmesan cheese. Bake until golden.



Prep the chicken

- In a shallow bowl, combine the **plain flour** and **Aussie spice blend**.
- In a second shallow bowl, whisk the egg.
- In a third shallow bowl, combine panko breadcrumbs and a pinch of salt and pepper.
- Dip chicken breast strips into flour mixture to coat, then into egg, and finally in breadcrumbs.
 Set aside on a plate.



Cook the chicken

- When the fries have 10 minutes remaining, in a large frying pan, heat enough olive oil to coat the base over medium-high heat.
- Cook crumbed chicken, in batches, until golden and cooked through, 3-4 minutes each side.
 Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the crumbed chicken does not stick to the pan.

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



Prep the salad

• Meanwhile, halve cherry tomatoes.



Toss the salad

 In a large bowl, combine tomatoes, mixed salad leaves, a drizzle of vinegar and olive oil. Season to taste.



Serve up

- Divide crumbed chicken tenders, kumara fries and tomato garden salad between plates.
- Top with beetroot relish and mayonnaise to serve. Enjoy!



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