



Crumbed Chicken Tenders & Tomato Relish

with Kumara Fries & Cherry Tomato Garden Salad

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Kumara



Aussie Spice Blend



Panko Breadcrumbs



Chicken Breast Strips



Cherry Tomatoes



Mixed Salad Leaves



Beetroot Relish



Mayonnaise



Grated Parmesan Cheese

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



Calorie Smart*
**Custom recipe is not Calorie Smart*

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!



Eat Me Early

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

Pantry items

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2	4
plain flour*	2 tbs	¼ cup
Aussie spice blend	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
cherry tomatoes	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
beetroot relish	1 medium packet	2 medium packets
mayonnaise	1 medium packet	1 large packet
grated Parmesan cheese**	1 medium packet	1 large 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 salad

- Meanwhile, halve **cherry tomatoes**.



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.



Toss the salad

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



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.



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate