

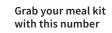
# Chicken Tenders & Crushed Potatoes

with Radish Slaw & Hollandaise Sauce

HELLOHERO

KID FRIENDLY

**CLIMATE SUPERSTAR** 











Garlic Paste

Chicken-Style Stock Powder





Chicken Breast

Garlic & Herb Seasoning







Carrot



Radish



Shredded Cabbage



Hollandaise





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

Eat Me Early



Protein Rich

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 garlic paste and lemon 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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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	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	
garlic & herb seasoning	1 medium sachet	1 large sachet	
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet	
carrot	1	2	
radish	2	3	
honey*	½ tsp	1 tsp	
balsamic vinegar*	drizzle	drizzle	
shredded cabbage mix	1 medium packet	1 large packet	
hollandaise	1 medium packet	2 medium packets	

<sup>\*</sup>Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2448kJ (585cal)	222kJ (53cal)
Protein (g)	40.6g	3.7g
Fat, total (g)	22.5g	2g
- saturated (g)	7g	0.6g
Carbohydrate (g)	53.7g	4.9g
- sugars (g)	29.1g	2.6g
Sodium (mg)	1686mg	152.6mg
Dietary Fibre (g)	9.6g	0.9g

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.



# 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 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

- · Grate carrot. Thinly slice radish.
- In a large bowl, combine the **honey** with a drizzle of **balsamic vinegar** and olive oil.
- Add **shredded cabbage mix**, **carrot** and **radish**. Season, toss to combine.



### Cook the chicken

- While the potato is cooking, combine garlic & herb seasoning, remaining garlic paste and a drizzle of olive oil in a medium bowl. Add chicken breast strips and toss 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.

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

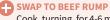


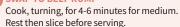
# Serve up

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











Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

