

Chicken Tenders & Crushed Potatoes

with Cucumber Slaw & Hollandaise Sauce

MEDITERRANEAN

HELLOHERO

CLIMATE SUPERSTAR

Grab your meal kit with this number

38



Potato



Lemon



Garlic Paste



Chicken-Style Stock Powder



Garlic & Herb Seasoning



Chicken Breast Strips



Carrot



Cucumber



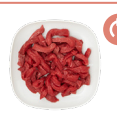
Shredded Cabbage Mix



Hollandaise



Beef Rump



Beef Strips

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

Calorie Smart

Protein Rich

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 garlic paste 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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
lemon	½	1
butter*	15g	30g
garlic paste	½ medium packet	1 medium packet
chicken-style stock powder	1 medium sachet	1 large sachet
water*	1 tbs	2 tbs
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
cucumber	1 (medium)	1 (large)
honey*	½ tsp	1 tsp
balsamic vinegar*	drizzle	drizzle
shredded cabbage mix	1 medium packet	1 large packet
hollandaise	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2435kJ (582cal)	221kJ (53cal)
Protein (g)	40.6g	3.7g
Fat, total (g)	22.2g	2g
- saturated (g)	6.9g	0.6g
Carbohydrate (g)	53.6g	4.9g
- sugars (g)	29.1g	2.6g
Sodium (mg)	1675mg	152.3mg
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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



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 **chicken-style stock powder** and a generous squeeze of **lemon juice**. Stir to combine, then remove from heat.
- Add **potato** to the pan and toss to coat, adding a splash of water if the potato looks dry. Lightly crush with a fork. Cover to keep warm.



Make the salad

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

CUSTOM OPTIONS



SWAP TO BEEF RUMP

In a large frying pan, cook with a drizzle of olive oil, turning, for 4-6 minutes for medium. Transfer to a plate to rest. Slice before serving.



SWAP TO BEEF STRIPS

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



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 lemon potatoes and cucumber slaw between plates. Spoon any resting juices over the chicken.
- Serve with **hollandaise** and any remaining lemon wedges. Enjoy!

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

