HELLO FRESH

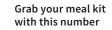# Chicken Tenders & Crushed Potatoes
with Apple Slaw & Hollandaise Sauce

KIWI FLAVOURS **HELLOHERO** CLIMATE SUPERSTAR

Ingredients

- Potato
- Lemon
- Garlic Paste
- Chicken-Style Stock Powder
- Aussie Spice Blend
- Chicken Breast Strips
- Carrot
- Apple
- Shredded Cabbage Mix
- Hollandaise
- Beef Rump
- Beef Strips

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

- Calorie Smart
- Eat Me Early
- Protein Rich

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. Next thing you know, 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
Aussie spice blend	1 medium sachet	1 large sachet
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
carrot	1	2
apple	1	2
*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

1

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 saucepan to medium-high heat, add the **butter** and half the **garlic paste (see ingredients)** 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!*

2

Cook the chicken

- While the potato is cooking, in a medium bowl, combine **Aussie spice blend**, remaining **garlic paste** and a drizzle of **olive oil**. 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.*

3

Make the salad

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

4

Serve up

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

CUSTOM OPTIONS

SWAP TO BEEF RUMP
Cook with a drizzle of olive oil, turning, 5-6 minutes for medium. Rest and slice to serve.

SWAP TO BEEF STRIPS
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.