

Quick Tunisian Chicken & Lemon Crushed Potatoes

with Radish-Apple Salad & Aioli

Grab your Meal Kit with this symbol



Potato



Lemon



Apple



Radish



Salad Leaves



Garlic Paste



Tunisian Seasoning



Roasted Almonds



Chicken Breast



Garlic Aioli

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25 mins**
Ready in: **20-30 mins**

Eat Me Early

The perfect balance of smokiness, tang and spice, this robust chicken and potato recipe is sure to please and add a little magic to your night.

Pantry items

Olive Oil, Butter, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
lemon	½	1
butter*	40g	80g
garlic paste	1 packet	1 packet
apple	1	2
radish	1	2
roasted almonds	1 packet	2 packets
salad leaves	1 small bag	1 medium bag
chicken breast	1 packet	1 packet
Tunisian seasoning	1 sachet	2 sachets
honey*	1 tsp	2 tsp
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3185kJ (761Cal)	552kJ (132Cal)
Protein (g)	43.8g	7.6g
Fat, total (g)	43.7g	7.6g
- saturated (g)	14.5g	2.5g
Carbohydrate (g)	45.2g	7.8g
- sugars (g)	11.9g	2.1g
Sodium (mg)	1400mg	242mg

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

2022 | CW29



Make the crushed potatoes

- Boil the kettle. Half-fill a medium saucepan with boiling water. 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 and set aside.
- Return saucepan to medium-high heat. Cook the **butter** and 1/2 the **garlic paste**, stirring, until fragrant, **1 minute**.
- Add a generous squeeze of **lemon juice** and a pinch of **salt**. Stir to combine, then remove from heat. Return **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!



Cook the chicken

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a second medium bowl, combine **Tunisian seasoning**, a drizzle of **olive oil** and the remaining **garlic paste**. Add **chicken** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Remove from heat, then add the **honey**, tossing to coat.

TIP: The chicken is cooked when it is no longer pink inside.



Get prepped

- Meanwhile, thinly slice **apple** and **radish**. Roughly chop **roasted almonds**.
- In a medium bowl, combine **salad leaves**, **apple**, **radish**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Set aside.



Serve up

- Divide Tunisian chicken, lemon crushed potatoes and radish-apple salad between plates.
- Sprinkle over almonds and serve with **garlic aioli**. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.co.nz/rate