



Easy Lemon Pepper Chicken

with Roasted Sesame Sweet Potato & Tomato Salad

BESTSELLER



Grab your Meal Kit with this symbol



Sweet Potato Chunks



Sesame Seeds



Snacking Tomatoes



Lemon Pepper Seasoning



Chicken Tenderloins



Mixed Salad Leaves



Crispy Shallots



Sesame Dressing



Prawns

Prep in: 10-20 mins
Ready in: 30-40 mins

Carb Smart

Eat Me First

Tonight, it's all about simple and classic - lemon-pepper chicken, some herby sweet potatoes, and to keep the carbs down, a big salad that will see you going back for more.

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato chunks	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet
snacking tomatoes	1 punnet	2 punnets
lemon pepper seasoning	1 medium sachet	2 medium sachets
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or rice wine)	drizzle	drizzle
crispy shallots	1 medium packet	1 large packet
sesame dressing	½ large packet	1 large packet
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2008kJ (480Cal)	394kJ (94Cal)
Protein (g)	43g	8.4g
Fat, total (g)	20.8g	4.1g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	37.4g	7.3g
- sugars (g)	15.4g	3g
Sodium (mg)	638mg	125mg
Dietary Fibre (g)	8.8g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1617kJ (386Cal)	364kJ (87Cal)
Protein (g)	20.2g	4.5g
Fat, total (g)	18.8g	4.2g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	37.4g	8.4g
- sugars (g)	15.4g	3.5g
Sodium (mg)	1219mg	274mg
Dietary Fibre (g)	8.6g	1.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**.
- Place **sweet potato chunks** on a lined oven tray. Sprinkle with **sesame seeds**, season with **salt** and drizzle with **olive oil**. Toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: Spread sweet potato chunks between two lined oven trays if your tray is getting crowded.



Toss the salad

- In a second medium bowl, combine **snacking tomatoes, mixed salad leaves** and a drizzle of the **vinegar**. Season.



Get prepped & cook the chicken

- Meanwhile, halve **snacking tomatoes**.
- In a medium bowl, combine **lemon pepper seasoning**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken tenderloins**, turning to coat.
- When sweet potato has **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken tenderloins** until browned and cooked through, **3-4 minutes** each side.

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

Custom Recipe: If you've added prawns, coat prawns in the seasoning as stated above. Cook prawns, tossing until pink and starting to curl up, 4-6 minutes.



Serve up

- Divide lemon pepper chicken, sesame sweet potatoes and salad between plates.
- Sprinkle over **crispy shallots**. Serve with **sesame dressing** (see **ingredients**). Enjoy!

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