

# Chicken Tenders & Crushed Lemon Potatoes

with Tomato Salad & Garlic Aioli

MEDITERRANEAN

HELLOHERO

AIR FRYER FRIENDLY

Grab your meal kit with this number

13



### Recipe Update

We've replaced the baby capsicum in this recipe with snacking tomatoes due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Potato



Lemon



Garlic Paste



Aussie Spice Blend



Chicken Tenderloins



Snacking Tomatoes



Mixed Salad Leaves



Garlic Aioli



Chicken Tenderloins



Beef Rump

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

Carb Smart

Eat Me Early

Protein Rich

We've put all the much-loved family flavours into one delectable dinner - from the Aussie-spiced chicken to the potatoes spiked with citrus, this dish features everything we're addicted to!

### 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 · Air fryer or large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
lemon	½	1
<b>butter*</b>	15g	30g
garlic paste	1 packet	2 packets
<b>salt*</b>	¼ tsp	½ tsp
<b>water*</b>	1 tbs	2 tbs
Aussie spice blend	1 medium sachet	1 large sachet
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
snacking tomatoes	1 medium packet	2 medium packets
<b>honey*</b>	½ tsp	1 tsp
<b>balsamic vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2489kJ (595cal)	291kJ (70cal)
Protein (g)	43.8g	5.1g
Fat, total (g)	32.4g	3.8g
- saturated (g)	7g	0.8g
Carbohydrate (g)	30g	3.5g
- sugars (g)	9.2g	1.1g
Sodium (mg)	1121mg	131.1mg
Dietary Fibre (g)	6.3g	0.7g

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](https://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



1



## Make the crushed potatoes

- Bring a medium saucepan of lightly salted water to the boil.
- Cut **potato** into large chunks. Cut **lemon** into wedges.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and set aside.
- Return saucepan to medium-high heat with a drizzle of **olive oil** and the **butter**. Cook half the **garlic paste**, stirring until fragrant, **1 minute**.
- Add the **salt**, **water** and a squeeze of **lemon juice**, then bring to the boil. Remove from the heat, return **potato** to pan and toss to coat. Lightly crush **potato**, then cover to keep warm.

**TIP:** Use as much or little lemon juice as you'd like.

3



## Make the salad

- Halve **snacking tomatoes**.
- In a large bowl, combine the **honey** with a drizzle of **balsamic vinegar** and **olive oil**.
- Add **mixed salad leaves** and **tomatoes**. Toss to combine.

2



## Cook the chicken

- While the potato is cooking, combine **Aussie spice blend**, remaining **garlic paste** and a drizzle of **olive oil** in a medium bowl. Add **chicken tenderloins**, tossing to coat.
- Set air fryer to **200°C**. Place **chicken** into the air fryer basket and cook, until browned and cooked through, **8-10 minutes** (cook in batches if needed).

**TIP:** No air fryer? In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken in batches, until browned and cooked through (when no longer pink inside), 3-4 minutes each side. Transfer to a plate.

4



## Serve up

- Divide chicken tenders, crushed lemon potatoes and tomato salad between plates. Spoon any resting juices over the chicken.
- Drizzle **garlic aioli** over chicken and serve with any remaining lemon wedges. Enjoy!

### CUSTOM OPTIONS



#### DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.



#### SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.

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

