Express American-Spiced Chicken Tenders

with Warm Fetta-Potato Salad & Apple Slaw

KID FRIENDLY

Grab your meal kit with this number 45

Potato

Stock Concentrate

Dill & Parsley Mayonnaise

Fetta Cubes

All-American Spice Blend

Chicken Tenderloins

Apple

Baby Spinach Leaves

Slaw Mix

Haloumi

Plant-Based Crumbed Chicken

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

Eat Me Early

This crowd-pleasing meal requires zero oven time and is perfect for the warmer weather. Our All-American spice blend and herby mayo come in handy for amping up the flavour of the chicken and potato salad - leaving you to do very little!

Before you start

All ingredients are portioned according to plan size.
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.

You will need

Large saucepan · Large frying pan

Ingredients

	2P	3P	4P	5P	6P
olive oil*	refer to method				
potato	2	3	4	5	6
stock concentrate (packet(s))	1	1	1	2	2
butter*	20g	30g	40g	50g	60g
dill & parsley mayonnaise (packet(s))	1	1	1	2	2
fetta cubes (packet(s))	1	1	1	2	2
All-American spice blend (sachet(s))	1	1	1	2	2
chicken tenderloins (grams)	330g	495g	660g	825g	990g
apple	1	1	2	2	3
baby spinach leaves (packet(s))	1	1	1	2	2
white wine vinegar*	refer to method				
slaw mix (packet(s))	1S	1S	1L	2S	1S + 1L

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2960kJ (707Cal)	563kJ (134Cal)
Protein (g)	49.6g	9.4g
Fat, total (g)	42.6g	8.1g
- saturated (g)	13.3g	2.5g
Carbohydrate (g)	29.9g	5.7g
- sugars (g)	14.3g	2.7g
Sodium (mg)	1200mg	228mg
Dietary Fibre (g)	8.2g	1.6g

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

2025 | CW44

1

Make the fetta-potato salad

- Boil the kettle. Cut **potato** into bite-sized chunks.
- Half-fill a large saucepan with the boiling water, then add **stock concentrate**.
- Cook **potato** in the boiling water over medium-high heat until easily pierced with a fork, **12-15 minutes**.
- Drain **potato**, then return to saucepan. Add the **butter** and **dill & parsley mayonnaise**. Crumble in **fetta cubes**. Stir to combine and season to taste with **salt** and **pepper**. Cover to keep warm.

Little cooks: *Take the lead and help mix the fetta-potato salad!*

2

Cook the chicken

- While the potato is cooking, combine **All-American spice blend**, a pinch of **salt** and **pepper** and a drizzle of **olive oil** in a medium bowl. Add **chicken tenderloins**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned and cooked through (when no longer pink inside), **3-4 minutes** each side.

3

Make the slaw

- While the chicken is cooking, thinly slice **apple** into wedges.
- Roughly chop **baby spinach leaves**.
- In a second medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season to taste, then add **slaw mix**, **apple** and **spinach**. Toss to combine.

Little cooks: *Take charge by tossing the slaw!*

4

Finish & serve

- Divide American-spiced chicken and warm fetta-potato salad between plates.
- Serve with apple slaw. Enjoy!

CUSTOM OPTIONS

HALOUMI:
Pat dry. Cut into 1cm-thick slices. Cook with a drizzle of olive oil, until golden, 1-2 minutes each side.

PLANT-BASED CRUMBED CHICKEN:
Heat enough olive oil in a frying pan to cover the base. Cook until golden, 2-3 minutes each side. Slice before serving.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO