



AMERICAN-SPICED CHICKEN TENDERS

with Smokey Mash & Greens



Add smokey aioli to mash for an American twist!



Potato



Green Beans



Garlic



Parsley



Lemon



Chicken Tenderloin



All-American
Spice Blend



Baby Spinach
Leaves



Smokey Aioli

Hands-on: **25** mins
Ready in: **30** mins

Eat me early

Low calorie

Naturally gluten-free
Not suitable for Coeliacs

You don't have to own a charcoal grill to get that wonderful smoked flavour on your plate! Just add our smokey aioli to mashed potato instead of butter, and smother chicken tenders with our All-American spice blend. Tastes just like Houston!

Pantry Staples: Olive Oil, Milk

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** • **large frying pan**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the **green beans**. Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley**. Cut the **lemon** (see ingredients list) into wedges.



2 COOK THE POTATO

Add the **potato** to the saucepan of boiling water and cook until soft when pierced with a knife, **10-15 minutes**.



3 COOK THE CHICKEN

While the potato is boiling, in a medium bowl, combine the **chicken tenderloin**, **All-American spice blend** and a **drizzle of olive oil**. Heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **chicken** and cook until browned and cooked through, **3-4 minutes** each side. Transfer to a plate to rest. **TIP:** *The chicken will char a little in the pan, this adds to the smokey flavour!*



4 COOK THE VEGGIES

Return the pan to a medium-high heat (no need to wash it first) with the **green beans** and a **splash of water**. Cook until tender, **3-4 minutes**. Add the **garlic** and **baby spinach leaves** and cook until fragrant and wilted, **2 minutes**. **Squeeze** in **lemon juice** to taste and season with a **pinch of salt** and **pepper**.



5 MAKE THE MASH

Drain the **potato** and return to the saucepan. **TIP:** *For the low-calorie option, only add 3/4 of the smokey aioli to the mash.* Add the **smokey aioli**, **milk** and the **salt** and mash with a potato masher or fork until smooth. Stir through the **parsley** (reserve some for garnish!). **TIP:** *The aioli does the same job as butter normally would in this mash!*



6 SERVE UP

Divide the smokey mash, American chicken tenders, garlicky greens and the remaining lemon wedges between plates. Spoon over any chicken resting juices and sprinkle with the reserved parsley.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 bag (200 g)	1 bag (400 g)
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
lemon	½	1
chicken tenderloin	1 packet	1 packet
All-American spice blend	1 sachet	2 sachets
baby spinach leaves	1 bag (60 g)	1 bag (120 g)
smokey aioli	1 tub (50 g)	1 tub (100 g)
milk*	2 tbs	4 tbs
salt*	¼ tsp	½ tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2280kJ (544Cal)	414kJ (99Cal)
Protein (g)	45.2g	8.2g
Fat, total (g)	23.6g	4.3g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	34.9g	6.4g
- sugars (g)	8.2g	1.5g
Sodium (g)	769mg	140mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

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