

Chicken Tenders & Crushed Lemon Potatoes

with Herby Yoghurt Sauce

Grab your Meal Kit with this symbol



Potato



Garlic



Cucumber



Tomato



Lemon



Chicken Stock



Chicken Tenderloin



Aussie Spice Blend



Dijon Mustard



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Greek Yoghurt

Hands-on: 15-25 mins

Ready in: 30-40 mins

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Calorie Smart

We've put all the much-loved family flavours into this delectable dinner - from the Aussie spiced chicken to the lemony crushed potatoes, it's got everything we're all addicted to!

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 | 2 | 4 |
| garlic | 2 cloves | 4 cloves |
| cucumber | 1 | 2 |
| tomato | 1 | 2 |
| lemon | ½ | 1 |
| butter* | 25g | 50g |
| chicken stock | 1 cube | 2 cubes |
| water* | 1 tbs | 2 tbs |
| chicken tenderloin | 1 packet | 1 packet |
| Aussie spice blend | 1 sachet | 2 sachets |
| Dijon mustard | ½ tub (7.5g) | 1 tub (15g) |
| honey* | ½ tsp | 1 tsp |
| mixed salad leaves | 1 bag (60g) | 1 bag (120g) |
| dill & parsley mayonnaise | 1 packet (50g) | 1 packet (100g) |
| Greek yoghurt | ½ packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2494kJ (596Cal) | 402kJ (96Cal) |
| Protein (g) | 47.3g | 7.6g |
| Fat, total (g) | 27.9g | 4.5g |
| - saturated (g) | 9.6g | 1.5g |
| Carbohydrate (g) | 35.1g | 5.7g |
| - sugars (g) | 8.5g | 1.4g |
| Sodium (mg) | 1113mg | 180mg |

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.



Get prepped

Bring a medium saucepan of lightly salted water to the boil. Cut the **potato** (unpeeled) into 2cm chunks. Finely chop the **garlic**. Roughly chop the **cucumber** and **tomato**. Zest the **lemon** to get a generous pinch, the slice into wedges.

TIP: Cut the potato to size so it cooks in time.



Cook the potato

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **12-15 minutes**. Drain. Return the saucepan to a medium-high heat, add the **butter** and 1/2 the **garlic** and cook, stirring, until fragrant, **1 minute**. Add a generous squeeze of **lemon juice**, the **lemon zest**, crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people) and the **water** and bring to the boil. Remove from the heat, add the **potato** and toss to coat. Lightly crush the **potato** with a potato masher or fork. Cover to keep warm.



Flavour the chicken

While the potato is cooking, combine the **Aussie spice blend**, 1/2 the **garlic** and a **drizzle of olive oil** in a medium bowl. Add the **chicken tenderloins** and toss to coat.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **chicken**, in batches, until browned and cooked through, **3-4 minutes** each side. Transfer to a plate.

TIP: Don't worry if your chicken gets a little charred - this adds to the flavour! Chicken is cooked through when it's no longer pink inside.



Toss the salad

In a large bowl, combine the **Dijon mustard** (see ingredients), **honey** and a good drizzle of **olive oil**. Add the **mixed salad leaves**, **cucumber** and **tomato** and toss to combine. In a medium bowl, combine the **dill & parsley mayonnaise** and **Greek yoghurt** (see ingredients). Season to taste.



Serve up

Divide the chicken, salad and crushed lemon potatoes between plates. Spoon any resting juices over the chicken. Drizzle the chicken with the herbed yoghurt sauce. Serve with the lemon wedges.

TIP: For the Calorie Smart option, serve with half the herbed yoghurt sauce.

Enjoy!