

Chicken Tenders & Crushed Lemon Potatoes

with Herbed Yoghurt Sauce

Grab your Meal Kit with this symbol



Potato



Garlic



Cherry Tomatoes



Lemon



Chicken Stock



Aussie Spice Blend



Chicken Tenderloins



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Greek-Style Yoghurt

Hands-on: 15-25 mins
Ready in: 30-40 mins

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

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, Balsamic Vinegar, 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
cherry tomatoes	1 punnet	2 punnets
lemon	½	1
butter*	25g	50g
chicken stock	1 cube	2 cubes
water*	1 tbs	2 tbs
Aussie spice blend	1 sachet	2 sachets
chicken tenderloins	1 small packet	1 large packet
balsamic vinegar*	drizzle	drizzle
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	½ packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2789kJ (666Cal)	460kJ (109Cal)
Protein (g)	46.9g	7.7g
Fat, total (g)	36.2g	6g
- saturated (g)	10.6g	1.7g
Carbohydrate (g)	37.1g	6.1g
- sugars (g)	10.8g	1.8g
Sodium (mg)	1084mg	179mg

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.

1



Get prepped

Bring a medium saucepan of lightly salted water to the boil. Cut the **potato** into bite-sized chunks. Finely chop the **garlic**. Halve the **cherry tomatoes**. Zest the **lemon** to get a generous pinch and cut any remaining into wedges.

TIP: Peel the potato if you prefer!

2



Cook the potato

Cook the potato in the boiling water 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.

3



Flavour the chicken

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

4



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.

TIP: Don't worry if your chicken gets a little charred during cooking. It adds to the flavour!

5



Dress the salad

In a large bowl, combine a drizzle of **balsamic vinegar**, the **honey** and a drizzle of **olive oil**. Add the **mixed salad leaves** and **cherry tomatoes**. Toss to combine. Set aside. In a medium bowl, combine the **dill & parsley mayonnaise** and **Greek-style yoghurt** (see ingredients). Season to taste.

6



Serve up

Divide the chicken tenders, salad and crushed lemon potatoes between plates. Spoon any resting juices over the chicken. Drizzle the chicken with some of the herbed yoghurt sauce and serve the remainder on the side. Serve with the remaining lemon wedges.

Enjoy!