



# Chicken Tenderloins & Cheesy Garlic Sauce

with Creamy Mash & Veggies

Grab your Meal Kit  
with this symbol



Potato



Broccoli



Carrot



Garlic



Parsley



Chicken Tenderloins



Aussie Spice  
Blend



Light Cooking  
Cream



Grated Parmesan  
Cheese



Chicken Stock



Hands-on: **35-45 mins**  
Ready in: **35-45 mins**



Eat me early



Naturally gluten-free  
*Not suitable for Coeliacs*

Quick-cooking chicken tenderloins get a flavour upgrade with our popular Aussie spice blend and a cheesy garlic sauce. Add some creamy mash and colourful veggies, and dinner is served!

## Pantry items

Olive Oil, Butter, Milk



## 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
butter*	30g	60g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
broccoli	1 head	2 heads
carrot	1	2
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
chicken tenderloins	1 small packet	1 large packet
Aussie spice blend	½ sachet	1 sachet
light cooking cream	1 packet (150ml)	2 packets (300ml)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
chicken stock	½ cube	1 cube

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3075kJ (734Cal)	403kJ (96Cal)
Protein (g)	60.5g	7.9g
Fat, total (g)	36.7g	4.8g
- saturated (g)	22.5g	2.9g
Carbohydrate (g)	38.5g	5g
- sugars (g)	12.9g	1.7g
Sodium (mg)	1078mg	141mg

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.

1



## Make the mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into bite-sized chunks. Cook in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add **butter**, **milk** and the **salt** to the potato. Mash until smooth. Cover to keep warm.

2



## Get prepped

While the potato is cooking, chop the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** into half-moons. Finely chop the **garlic** and **parsley**. In a medium bowl, combine the **chicken tenderloins** with the **Aussie spice blend** (see ingredients), a pinch of **pepper** and a drizzle of **olive oil**.

3



## Cook the veggies

Heat a large frying pan over a high heat. Add the **broccoli**, **carrot** and a generous splash of **water** and cook, stirring, until softened, **5-6 minutes**. Add the 1/2 the **garlic** and cook, stirring, until fragrant, **1 minute**. Season with **salt** and **pepper**.

4



## Cook the chicken

Return the frying pan with 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.

5



## Cook the sauce

Wipe out and return the frying pan to a medium heat. Add a drizzle of **olive oil** and the remaining **garlic** and cook until fragrant, **30 seconds**. Add the **light cooking cream**, **grated Parmesan cheese**, **parsley**, crumbled **chicken stock** (1/2 cube for 2 people / 1 cube for 4 people), resting juices from the **chicken** and a pinch of **pepper**. Stir to combine. Reduce the heat to low and simmer until thickened slightly, **1 minute**.

6



## Serve up

Divide the potato mash between plates. Serve with the veggies and chicken tenderloins and drizzle over the cheesy garlic sauce.

## Enjoy!