



Chicken Tenders & Cheesy Garlic Sauce

with Mash & Sautéed Veggies

Grab your Meal Kit with this symbol



Potato



Cauliflower



Carrot



Garlic



Aussie Spice Blend



Parsley



Chicken-Style Stock Powder



Chicken Tenderloins



Light Cooking Cream



Grated Parmesan Cheese

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 30-40 mins
Ready in: 30-40 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 Parmesan and garlic-laced cream sauce. Add some mandatory 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

Large saucepan with a lid · 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
cauliflower	1 large portion	2 large portions
carrot	1	2
garlic	1 clove	2 cloves
Aussie spice blend	½ medium sachet	1 medium sachet
parsley	1 bag	1 bag
chicken tenderloins	1 small packet	1 large packet
light cooking cream	1 medium packet	1 large packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
chicken-style stock powder	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2868kJ (685Cal)	389kJ (93Cal)
Protein (g)	57.5g	7.8g
Fat, total (g)	33.1g	4.5g
- saturated (g)	19.8g	2.7g
Carbohydrate (g)	35.8g	4.9g
- sugars (g)	12.9g	1.7g
Sodium (mg)	839mg	114mg

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



Roast the cauliflower

- Boil the kettle. Preheat oven to **220°C/200°C fan-forced**.
- Cut **cauliflower** (including stalk!) into small florets.
- Place **cauliflower** on lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender and brown around edges, **20-25 minutes**.

4



Cook the chicken

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

TIP: Chicken is cooked through when it's no longer pink inside.

2



Make the mash

- Meanwhile, peel **potato** and cut into large chunks.
- Half-fill a large saucepan with the boiled **water**, then heat over high heat.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain **potato**, then return to pan. Add the **butter** and the **milk**, then season generously with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.

Little cooks: Get those muscles working and help mash the potato!

5



Cook the sauce

- Wipe out frying, then return to medium heat with a drizzle of **olive oil**. Roughly chop **parsley**.
- Cook remaining **garlic** until fragrant, **30 seconds**.
- Add **light cooking cream**, **parsley**, **grated Parmesan cheese** and **chicken-style stock powder**. Stir to combine, then stir in any **chicken resting juices** and a pinch of **pepper**.
- Reduce heat to low. Simmer until thickened slightly, **1 minute**.

3



Cook the veggies

- Thinly slice **carrot** into half-moons. Finely chop **garlic**. Set aside.
- In a medium bowl, combine **Aussie spice blend** (see ingredients) with a pinch of **pepper** and a drizzle of **olive oil**. Add **chicken tenderloins**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot**, until softened, **4-5 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**.

6



Serve up

- Divide chicken tenders, mash, roasted cauliflower and carrot between plates. Enjoy!

Little cooks: Under adult supervision, add the finishing touch by drizzling the sauce on top (be careful, the pan and sauce are hot!).

We're here to help!

Scan here if you have any questions or concerns

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