



Easy Chicken Tenders & Crushed Lemon Potatoes with Garlic Sauce

Grab your Meal Kit
with this symbol



Potato



Lemon



Garlic Paste



Chicken-Style
Stock Powder



Aussie Spice
Blend



Chicken Tenderloins



Cherry Tomatoes



Mixed Salad
Leaves



Garlic Aioli



Hands-on: **15-25 mins**
Ready in: **25-35 mins**



Eat Me Early



Naturally Gluten-Free
Not suitable for coeliacs



Calorie Smart

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

Pantry items

Olive Oil, Butter, Honey,
Balsamic Vinegar

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
lemon	½	1
butter*	25g	50g
garlic paste	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
water*	1 tbs	2 tbs
Aussie spice blend	1 sachet	2 sachets
chicken tenderloins	1 small packet	1 large packet
cherry tomatoes	1 punnet	2 punnets
honey*	½ tsp	1 tsp
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag (60g)	1 large bag (120g)
garlic aioli	1 medium packet (50g)	1 large packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2670kJ (638Cal)	462kJ (110Cal)
Protein (g)	44.3g	7.7g
Fat, total (g)	33.9g	5.9g
- saturated (g)	7.1g	1.2g
Carbohydrate (g)	35.2g	6.1g
- sugars (g)	8.3g	1.4g
Sodium (mg)	1184mg	205mg

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



Cook the potato

- Bring a medium saucepan of lightly salted water to the boil. Cut **potato** into large chunks. Cut **lemon** into wedges. Cook **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain.
- Return the saucepan to a medium-high heat. Add **butter** and 1/2 the **garlic paste** and cook, stirring, until fragrant, **1 minute**.
- Add a generous squeeze of **lemon juice**, **lemon zest**, **chicken stock powder** and the **water** and bring to the boil. Remove from the heat, add the **potato** and toss to coat. Lightly crush the **potato**, then cover to keep warm.

3



Make the salad

- Halve **cherry tomatoes**.
- In a large bowl, combine **honey**, **balsamic vinegar** and a drizzle of **olive oil**.
- Add **mixed salad leaves** and **cherry tomatoes**, tossing to combine.

2



Cook the chicken

- While potato is cooking, combine **Aussie spice blend**, remaining **garlic paste** and a drizzle of **olive oil** in a medium bowl. Add **chicken tenderloins**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **chicken**, in batches, until browned and cooked through, **3-4 minutes** each side. Transfer to a plate, then repeat with remaining **chicken**.

4



Serve up

- Divide chicken tenders, crushed lemon potatoes and salad between plates. Spoon any resting juices over the chicken.
- Drizzle chicken with **garlic aioli**. Serve with remaining lemon wedges.

Enjoy!

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