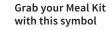


# Quick Crumbed Chicken & Slaw with Spiced Potato Chunks & Garlic Aioli

KID FRIENDLY









Chopped Potato



Chicken Tenderloins

Mayonnaise





Herb Crumbing

Slaw Mix





**Baby Spinach** 

Garlic Aioli



Prep in: 10-20 mins Ready in: 20-30 mins

Eat Me Early

Take some sneaky shortcuts - like pre-chopped potatoes, quick-cooking chicken tenders, and mayo instead of an egg wash for the crumb - and you'll have a home-cooked meal on the table before you know it.

Olive Oil, Vinegar (White Wine or Balsamic)

**Pantry items** 

#### Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Oven tray lined with baking paper · Large frying pan

#### Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
chopped potato	1 medium bag	2 medium bags		
Aussie spice blend	1 medium sachet	2 medium sachets		
chicken tenderloins	1 small packet	1 large packet		
mayonnaise	1 medium packet	1 large packet		
herb crumbing mix	1 medium packet	1 large packet		
slaw mix	1 small bag	1 large bag		
baby spinach leaves	1 small bag	1 medium bag		
vinegar* (white wine or balsamic)	drizzle	drizzle		
garlic aioli	1 medium packet	1 large packet		
haloumi**	1 packet	2 packets		
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<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2754kJ (658Cal)	512kJ (122Cal)
Protein (g)	47g	8.7g
Fat, total (g)	26.2g	4.9g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	54.8g	10.2g
- sugars (g)	10.2g	1.9g
Sodium (mg)	1062mg	198mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3906kJ (934Cal)	622kJ (149Cal)
Protein (g)	64.1g	10.2g
Fat, total (g)	49g	7.8g
- saturated (g)	17.1g	2.7g
Carbohydrate (g)	56g	8.9g
- sugars (g)	11.2g	1.8g
Sodium (mg)	2097mg	334mg

The quantities provided above are averages only.

# Allergens

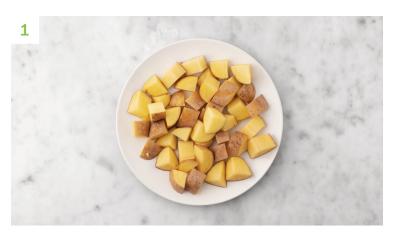
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Scan here if you have any questions or concerns





# Roast the potato chunks

- Preheat oven to 240°C/220°C fan-forced. Spread chopped potato over a large microwave-safe plate. Cover with a damp paper towel.
- Microwave potatoes on high, 3 minutes. Drain any excess liquid, then place potatoes on a lined oven tray.
- Drizzle with olive oil, sprinkle over Aussie spice blend, season with salt and toss to coat
- Spread out evenly, then roast until golden and tender, 10-15 minutes.

**Custom Recipe:** If you've added haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water to soak.



# Bake the chicken

- Heat a large frying pan over medium-high heat with enough olive oil to coat base of pan.
- Cook chicken until golden and cooked through (when no longer pink inside),
  3-4 minutes each side. Transfer to a paper towel-lined plate.
- Meanwhile, place slaw mix and baby spinach leaves in a second medium bowl. Drizzle with the vinegar and olive oil. Toss to coat. Season to taste.

**Custom Recipe:** When the chicken has 5 minutes remaining, drain haloumi and pat dry. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.



# Prep the chicken

- Meanwhile, place chicken tenderloins and mayonnaise in a medium bowl.
  Season with salt and pepper, then stir to coat.
- In a shallow bowl, combine herb crumbing mix and a pinch of salt and pepper.
- Dip each **tenderloin** into the **seasoned crumbing mix**. Set aside on a plate.



# Serve up

- Divide quick crumbed chicken, slaw and spiced potato chunks between plates.
- Serve with garlic aioli. Enjoy!

Custom Recipe: Divide haloumi between plates to serve.