



Sautéed Chicken & Creamy Lemon Sauce

with Fries & Greens

Grab your Meal Kit with this symbol



Potato



Broccoli



Zucchini



Garlic



Lemon



Aussie Spice Blend



Lemon Pepper Spice Blend



Chicken Tenderloins



Light Thickened Cream



Chicken Stock



Hands-on: 25-35 mins
Ready in: 40-50 mins



Naturally gluten-free
Not suitable for Coeliacs



Eat me early

If you're looking for a classic Aussie dinner, this is it! Succulent chicken gets coated in our tasty spice blend, while fries are baked to perfection. Then, we've added crunchy green veggies for a dose of all the good stuff. Dig in!

Pantry items

Olive Oil, Butter

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
broccoli	1 head	2 heads
zucchini	1	2
garlic	1 clove	2 cloves
lemon	½	1
Aussie spice blend	1 sachet	2 sachets
lemon pepper spice blend	1 sachet	2 sachets
chicken tenderloins	1 small packet	1 large packet
butter*	15g	30g
light thickened cream	1 packet (150ml)	2 packets (300ml)
chicken stock	½ cube	1 cube

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2834kJ (677Cal)	355kJ (84Cal)
Protein (g)	56g	7g
Fat, total (g)	32g	4g
- saturated (g)	16.2g	2g
Carbohydrate (g)	36.5g	4.6g
- sugars (g)	10.4g	1.3g
Sodium (mg)	1019mg	128mg

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.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Place on a lined oven tray. Season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken tenderloin** 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.*



Get prepped

While the fries are baking, chop the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **zucchini** into half-moons. Finely chop the **garlic**. Zest the **lemon** to get a generous pinch and slice into wedges. In a large bowl, combine the **Aussie spice blend**, **lemon pepper spice blend** and a drizzle of **olive oil**. Add the **chicken tenderloins** and toss to coat.



Make the sauce

Return the frying pan to a medium-high heat. Add the **butter**, **garlic** and **lemon zest** and cook, scraping up any meaty bits from the pan, until fragrant, **1-2 minutes**. Add the **light thickened cream** and crumbled **chicken stock** (1/2 cube for 2 people / 1 cube for 4 people). Season with **pepper**. Bring to the boil and then reduce to a low heat and simmer until thickened, **4-5 minutes**. Stir through any **chicken resting juices**.



Cook the greens

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Add the **broccoli** and a splash of **water** and cook, stirring, until slightly softened, **2-3 minutes**. Add the **zucchini** and cook until softened, **3-4 minutes**. Season. Transfer to a bowl and cover to keep warm.



Serve up

Slice the sautéed chicken. Divide the fries, greens and chicken between plates. Top with the creamy lemon sauce. Serve with the lemon wedges.

Enjoy!