



# Spiced Chicken Tenders with Potatoes & Lemony Greens

FRESH & FAST

Box to plate: 15 mins

Eat me early

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2559kJ (611Cal) | Protein 48.3g | Fat, total 32.4g - saturated 4.6g | Carbohydrate 27.4g - sugars 6.1g | Sodium 1090mg  
**Naturally gluten-free** (Not suitable for coeliacs) | **Calorie Smart**

Contact us | [hello@hellofresh.com.au](mailto:hello@hellofresh.com.au)  
2020 | WK46 | W



# Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Chicken Tenderloin	1 pkt	1 pkt
Trimmed Green Beans	1 bag (150g)	2 bags (300g)
Roasted Potatoes with Garlic Herb Butter	1 pkt (300g)	1 pkt (600g)
Smokey Aioli	1 pkt (50g)	1 pkt (100g)

## 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. Steam



Baby Broccoli



Lemon



Trimmed Green Beans

- Trim **baby broccoli** and cut **lemon** into wedges
- Heat a large frying pan over medium-high heat
- Add **baby broccoli, beans** and a good dash of **water**
- Cook until tender, **5 mins**
- Add **lemon** juice, season and transfer to a plate



## 2. Sizzle



Aussie Spice Blend



Chicken Tenderloin

- Meanwhile, combine **Aussie spice blend** and **chicken** in a bowl
- Drizzle with **olive oil** and toss
- Return frying pan to high heat with **olive oil**
- Cook **chicken** until cooked through, **3-4 mins** each side



## 3. Zap



Roasted Potatoes with Garlic Herb Butter



Smokey Aioli

- Prick a few holes in **potato** packet
- Zap **potatoes** in microwave until hot and steaming, **3 mins**
- Plate up **chicken, greens** and **potatoes**
- Serve with **smokey aioli** and **lemon** wedges

