

Quick Chicken Tenders & Herby Mash

with Creamy Spinach Slaw

Grab your Meal Kit with this symbol



Potato



Parsley



Garlic



Chicken Stock Pot



Nan's Special Seasoning



Chicken Tenderloins



Sweetcorn



Celery



Shredded Cabbage Mix



Mayonnaise

 Hands-on: **20-30 mins**
Ready in: **20-30 mins**

 Eat Me Early

 Naturally Gluten-Free
Not suitable for coeliacs

 Calorie Smart

Thanks to Nan's special seasoning and quick-cooking, juicy chicken tenders, this dish is delish *and* fuss-free. Serve with a creamy, colourful slaw plus garlicky, parsley-adorned mash for a real crowd-pleaser.

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsley	1 bag	1 bag
garlic	3 cloves	6 cloves
butter*	20g	40g
milk*	2 tbs	¼ cup
chicken stock pot	1 packet (20g)	1 packet (40g)
Nan's special seasoning	1 sachet	2 sachets
chicken tenderloins	1 small packet	1 large packet
sweetcorn	1 tin (125g)	1 tin (300g)
celery	1 stalk	2 stalks
shredded cabbage mix	1 medium bag	1 large bag
mayonnaise	1 packet (40g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2423kJ (579Cal)	421kJ (101Cal)
Protein (g)	46.9g	8.1g
Fat, total (g)	24g	4.2g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	39g	6.8g
- sugars (g)	9.6g	6.8g
Sodium (mg)	1336mg	232mg

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.



Make the mash

- Bring a medium saucepan of salted water to boil.
- Peel **potato** and cut into bite-sized chunks. Cook in the boiling water until easily pierced with a knife, **12-15 minutes**.
- Meanwhile, finely chop **parsley** and **garlic**. In a small bowl, microwave the **butter** and **garlic** in **10 second** bursts, until butter is melted.
- Drain cooked **potato** and return to saucepan. Add the **milk**, **garlic butter**, **chicken stock pot** and **parsley**. Mash until smooth. Cover to keep warm.

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



Toss the slaw

- While chicken is cooking, drain **sweetcorn**. Thinly slice **celery**.
- In a medium bowl, combine the **shredded cabbage mix**, **sweetcorn**, **celery**, **mayonnaise** and a drizzle of **olive oil**. Toss to combine. Season to taste.



Cook the chicken

- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **chicken tenderloins**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **chicken** until browned and cooked through, **3-4 minutes** each side.

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

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Serve up

- Divide chicken tenders, creamy spinach slaw and herby mash between plates to serve.

Enjoy!

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