



# PORTUGUESE-STYLE CHICKEN TENDERLOINS

with Roasted Veggie Rice & Corn Cobs



Make a Portuguese-style marinade



Red Onion



Red Capsicum



Zucchini



Tomato



Corn



Garlic



Basmati Rice



Smoked Paprika



Lemon



Chilli Flakes (Optional)



Chicken Tenderloin



Greek Yoghurt



Parsley

Hands-on: **30-40 mins**  
Ready in: **40-50 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

Low calorie

Spicy (optional chilli flakes)

Take your tastebuds on a trip to Portugal with this colourful feast. An easy marinade on the chicken, veggies roasted to sweet perfection and lemony yoghurt are what it's all about.

**Pantry Staples:** Olive Oil, Butter, Brown Sugar

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium saucepan** with a **lid** • **large frying pan**



### 1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red onion** into 2cm wedges. Slice the **red capsicum** into thin strips. Cut the **zucchini** into 2cm chunks. Cut the **tomato** into 2cm wedges. Place the **veggies** on an oven tray lined with baking paper, **drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Cut the **corn** cob in half and add to the tray. Roast until the veggies are tender, **25-30 minutes**. **TIP:** *Cut the veggies to the correct size so they cook in the allocated time!*



### 4 COOK THE CHICKEN

When the veggies have **5 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a large frying pan over a high heat. When the oil is hot, add the **chicken** and cook, tossing, until browned and cooked through, **3-4 minutes**. **TIP:** *The sugar in the marinade will char slightly in the pan, making the chicken even more delicious! The chicken is cooked when it is no longer pink inside.*



### 2 COOK THE GARLIC RICE

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add **1/2** the **garlic** and cook until fragrant, **1 minute**. Add the **basmati rice**, **water** and **1/2** the **salt**, stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



### 5 COMBINE THE VEGGIES & RICE

Remove the **corn** cobs from the oven tray and set aside. **TIP:** *For the low-calorie option, use 1/2 the garlic rice.* Fold the **remaining roasted veggies**, the **parsley** and a **squeeze** of **lemon juice** through the **garlic rice**. Season to taste with **salt** and **pepper**.



### 3 GET PREPPED

In a medium bowl, combine the **remaining salt**, **remaining garlic**, **smoked paprika**, **brown sugar**, a **small squeeze** of **lemon juice** (see ingredients list), a **drizzle** of **olive oil** and a **pinch** of **chilli flakes** (if using). Add the **chicken tenderloins** to the marinade and toss to coat. Set aside. In a small bowl, combine the **Greek yoghurt** with a **squeeze** of **lemon juice** and a **pinch** of **salt** and **pepper**. Set aside. Roughly chop the **parsley** (reserve a few leaves for garnish).



### 6 SERVE UP

Divide the roasted veggie garlic rice and corn cobs (spread with a little butter if you like) between bowls. Top with the Portuguese-style chicken tenderloins and drizzle with the lemon yoghurt. Garnish with the reserved parsley leaves. **TIP:** *For the low-calorie option, serve with 1/2 the yoghurt.*

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
red capsicum	1	2
zucchini	1	2
tomato	1	2
corn	1	2
garlic	4 cloves	8 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	½ tsp	1 tsp
smoked paprika	1 sachet	2 sachets
brown sugar*	2 tsp	1 tbs
lemon	½	1
chilli flakes (optional)	pinch	pinch
chicken tenderloin	1 packet	1 packet
Greek yoghurt	1 packet (100g)	2 packets (200g)
parsley	1 bag	1 bag

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2280kJ (546Cal)	339kJ (81Cal)
Protein (g)	50.3g	7.5g
Fat, total (g)	10.1g	1.5g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	57.1g	8.5g
- sugars (g)	18.6g	2.8g
Sodium (g)	709mg	105mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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