



Easy Mayo-Crumbed Chicken

with Aussie Roasted Veggies & Tartare Sauce

Grab your Meal Kit
with this symbol



Potato



Chopped Veggie
Mix



Aussie Spice
Blend



Chicken Tenderloins



Mayonnaise



Panko Breadcrumbs



Roasted Almonds



Baby Spinach
Leaves



Tartare Sauce



Hands-on: 10-20 mins
Ready in: 30-40 mins



Eat me early

You simply can't go wrong with crumbed chicken, roasted veggies and a creamy tartare sauce to tie a meal together. And with only four steps, this easy dinner will be ready in a flash.

Pantry items

Olive Oil

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
chopped veggie mix	1 bag (250g)	1 bag (500g)
Aussie spice blend	1 sachet	2 sachets
chicken tenderloins	1 packet	1 packet
mayonnaise	1 packet (40g)	1 packet (100g)
panko breadcrumbs	1 medium packet	1 large packet
roasted almonds	1 medium packet	1 large packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
tartare sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3060kJ (731Cal)	519kJ (124Cal)
Protein (g)	50.8g	8.6g
Fat, total (g)	36.5g	6.2g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	48.7g	8.3g
- sugars (g)	5.1g	0.9g
Sodium (mg)	821mg	139mg

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

Preheat the oven to **220°C/200°C fan forced**. Cut the **potato** into chunks. Place the **potato**, **chopped veggie mix**, **Aussie spice blend** and a drizzle of **olive oil** on a lined oven tray. Season, toss to coat, then bake until tender, **20-25 minutes**.

2



Prep the chicken

While the veggies are roasting, combine the **chicken tenderloins** and **mayonnaise** in a bowl. Season and turn to coat the **chicken**. In a second shallow bowl, add the **panko breadcrumbs** and a pinch of **salt** and **pepper**. Dip each **chicken tenderloin** into the **panko breadcrumbs**. Transfer to a plate. Roughly chop the **roasted almonds**.

3



Cook the chicken

Heat a large frying pan with enough **olive oil** to coat the base. When the oil is hot, cook the **crumbed chicken** until golden on the outside and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel. When the veggies are cooked, add the **baby spinach leaves** to the tray and toss to combine.

4



Serve up

Divide the Aussie roasted veggies between plates and top with the mayo-crumbed chicken. Dollop over the **tartare sauce**. Sprinkle over the almonds.

Enjoy!