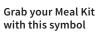


Easy Spiced Chicken & Potato Fries with Ranch Parmesan Salad

KID FRIENDLY

DIETITIAN APPROVED











Tomato









Aussie Spice



Blend



Shaved Parmesan



Ranch Dressing



Prep in: 15-25 mins Ready in: 20-30 mins

Eat Me Early



Sometimes it's best to stick with the basics by plating up a tried and true meal that never fails to deliver. Our go-to includes simple potato fries that crisp up to perfection in the oven, superbly spiced chicken with just the right amount of kick and a creamy Parmesan salad that completes this faultless combination.



Pantry items Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

| 3 | | | | |
|---------------------------|-------------------|--------------------------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| potato fries | 1 medium bag | 1 large bag | | |
| celery | 1 medium bag | 1 large bag | | |
| tomato | 1 | 2 | | |
| chicken tenderloins | 1 small packet | 2 small packets OR 1 large packet | | |
| Aussie spice blend | 1 medium sachet | 1 large sachet | | |
| mixed salad leaves | 1 medium bag | 2 medium bags | | |
| shaved Parmesan cheese | 1 packet (26g) | 1 packet (52g) | | |
| ranch dressing | 1 packet | 2 packets | | |
| white wine vinegar* | drizzle | drizzle | | |
| diced bacon** | 1 packet (90g) | 1 packet (180g) | | |
| | | | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 1773kJ (424Cal) | 346kJ (83Cal) |
| Protein (g) | 47.4g | 9.2g |
| Fat, total (g) | 10.4g | 2g |
| - saturated (g) | 3.8g | 0.7g |
| Carbohydrate (g) | 31.6g | 6.2g |
| - sugars (g) | 4.9g | 1g |
| Sodium (mg) | 802mg | 156mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2161kJ (516Cal) | 387kJ (92Cal) |
| Protein (g) | 54.3g | 9.7g |
| Fat, total (g) | 17.1g | 3.1g |
| - saturated (g) | 6.3g | 1.1g |
| Carbohydrate (g) | 32.4g | 5.8g |
| - sugars (g) | 5.4g | 1g |
| Sodium (mg) | 1232mg | 221mg |

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.

We're here to help!

Scan here if you have any questions or concerns





- Preheat oven to 240°C/220°C fan-forced.
- Spread potato fries over a large microwave-safe plate. Cover with a damp paper towel. Microwave fries on high, 4 minutes.
- Drain any excess liquid, then place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, 10-15 minutes.



Cook the chicken & finish the salad

- Heat a drizzle of **olive oil** in a large frying pan over medium-high heat.
- Cook **chicken** until browned and cooked through, **3-4 minutes** each side.
- Meanwhile, in a large bowl, combine mixed salad leaves, celery, tomato, shaved Parmesan cheese, ranch dressing and a drizzle of the white wine vinegar and olive oil. Season to taste.

TIP: Chicken is cooked through when it is no longer pink inside. Little cooks: Take the lead by tossing the salad!

Custom Recipe: If you've added diced bacon, after cooking the chicken, return pan to medium-high heat with a drizzle of olive oil. Cook diced bacon, breaking bacon up with a spoon, until golden, 4-6 minutes. Add bacon to bowl with the salad leaves.



Get prepped

- · Meanwhile, finely chop celery.
- Cut tomato into bite-sized chunks.
- In a medium bowl, combine chicken tenderloins, Aussie spice blend and a drizzle of olive oil.

Little cooks: Join the fun by combining the chicken and the spice blend!



Serve up

 Divide spiced chicken, potato fries and ranch Parmesan salad between plates. Enjoy!