



Easy Spiced Chicken & Potato Fries

with Ranch Parmesan Salad

KID FRIENDLY

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato Fries



Celery



Tomato



Chicken Tenderloins



Aussie Spice Blend



Mixed Salad Leaves



Shaved Parmesan Cheese



Ranch Dressing



Diced Bacon

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

Carb Smart

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · Large frying pan

Ingredients

	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



1



Cook the fries

- 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**.

3



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.

2



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!

4



Serve up

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

Rate your recipe

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Let our Culinary team know what you thought: hellofresh.com.au/rate