



Quick Nan's Chicken & Veggie Fries

with Almond, Pear & Parmesan Salad

Grab your Meal Kit with this symbol



Carrot



Zucchini



Nan's Special Seasoning



Chicken Thigh



Pear



Spinach & Rocket Mix



Shaved Parmesan Cheese



Flaked Almonds

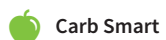


Mustard Mayo



Chicken Breast

Prep in: 15-25 mins
Ready in: 35-45 mins



Carb Smart

Eat Me Early

In this bright and tasty (*and carb conscious!*) dinner, succulent chicken thigh gets an extra boost of flavour from our Nan's special seasoning. Serve with veggie fries and a slightly sweet and peppery salad, plus a dollop of mandatory mustard mayo for dipping.

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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
carrot	2	4
zucchini	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
chicken thigh	1 small packet	2 small packets OR 1 large packet
pear	½	1
vinegar* (white wine or balsamic)	drizzle	drizzle
spinach & rocket mix	1 small bag	1 medium bag
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
flaked almonds	1 medium packet	1 large packet
mustard mayo	1 medium packet	2 medium packets
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2043kJ (488Cal)	361kJ (86Cal)
Protein (g)	40.7g	7.2g
Fat, total (g)	25.4g	4.5g
- saturated (g)	6.3g	1.1g
Carbohydrate (g)	23.9g	4.2g
- sugars (g)	20.3g	3.6g
Sodium (mg)	973mg	172mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1987kJ (474Cal)	352kJ (84Cal)
Protein (g)	43g	7.6g
Fat, total (g)	22.8g	4g
- saturated (g)	5.5g	1g
Carbohydrate (g)	23.9g	4.2g
- sugars (g)	20.3g	3.6g
Sodium (mg)	963mg	170mg

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



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **zucchini** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

3



Make the salad

- While chicken is cooking, thinly slice **pear** (see ingredients).
- In a large bowl, combine a drizzle of the **vinegar** and **olive oil**. Season, then add **spinach & rocket mix**, **pear** and **shaved Parmesan cheese**. Toss to coat.
- Sprinkle with **flaked almonds**.

2



Cook the chicken

- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **chicken thigh** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, turning occasionally, until browned and cooked through (when no longer pink inside), **10-14 minutes**. Transfer to a plate to rest.

TIP: The spice blend may char slightly in the pan, this adds to the flavour.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Season chicken and prepare pan as above. Cook chicken until cooked through, 3-6 minutes each side. Transfer to a plate.

4



Serve up

- Slice seared chicken.
- Divide chicken, rainbow fries and the almond, pear and Parmesan salad between plates. Spoon any resting juices over chicken.
- Serve with **mustard mayo**. Enjoy

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate