

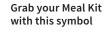
Herbed Chicken & Sweet Potato Fries

with Pear Salad & Garlic Sauce

DIETITIAN APPROVED*

MEDITERRANEAN

BESTSELLER







Sweet Potato





Carrot







Chicken Thigh







Parsley



Garlic Sauce



Prep in: 35-45 mins Ready in: 40-50 mins

Eat Me Early



Dietitian Approved

You can't go wrong with herby chicken, golden fries or creamy garlic sauce. This meal is a greatest hits of our fave flavours, with juicy chicken thigh leading the way.



Olive Oil, Honey, Vinegar (White Wine or Balsamic)

Pantry items

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

Two oven trays lined with baking paper

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
pear	1	2		
carrot	1/2	1		
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet		
chicken thigh	1 small packet	2 small packets OR 1 large packet		
honey*	½ tbs	1 tbs		
vinegar* (white wine or balsamic)	drizzle	drizzle		
spinach & rocket mix	1 medium bag	2 medium bags		
parsley	1 bag	1 bag		
garlic sauce	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)	1944kJ (465Cal)	341kJ (82Cal)
Protein (g)	37.1g	6.5g
Fat, total (g)	15.8g	2.8g
- saturated (g)	3.1g	0.5g
Carbohydrate (g)	42.8g	7.5g
- sugars (g)	20g	3.5g
Sodium (mg)	687mg	120mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1869kJ (447Cal)	327kJ (78Cal)
Protein (g)	40.7g	7.1g
Fat, total (g)	12g	2.1g
- saturated (g)	2g	0.4g
Carbohydrate (g)	42.8g	7.5g
- sugars (g)	20g	3.5g
Sodium (mg)	670mg	117mg

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





Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt. Toss to coat.
- · Bake until tender, 20-25 minutes.

TIP: If your tray is getting crowded, divide the fries between two trays!



Get prepped

- Meanwhile, thinly slice pear.
- Grate carrot (see ingredients).



Prep the chicken

 In a large bowl, combine garlic & herb seasoning, a drizzle of olive oil and a pinch of pepper. Add chicken thigh, turning to coat.

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. Combine chicken with seasoning as above.



Cook the chicken

- Transfer chicken thigh to a second lined oven tray and bake until cooked through,
 14-16 minutes.
- In the **last minute** of cook time, add the **honey** to the tray, turning **chicken** to coat.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat.

Cook chicken steaks until cooked through,

3-6 minutes each side (cook in batches if your pan is getting crowded). In the last minute of cook time, add the honey, turning chicken to coat.



Make the salad

- Meanwhile, combine a drizzle of **olive oil** and the **vinegar** in a second large bowl.
- Season, then add pear, carrot and spinach & rocket mix. Toss to coat.



Serve up

- Slice chicken.
- Roughly chop parsley.
- Divide herbed chicken, sweet potato fries and pear salad between plates.
- Garnish with parsley.
- Top with garlic sauce to serve. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate