



# Herbed Chicken & Sweet Potato Fries

with Pear Salad & Garlic Sauce

DIETITIAN APPROVED\*

MEDITERRANEAN

BESTSELLER

Grab your Meal Kit with this symbol



Sweet Potato



Pear



Carrot



Garlic & Herb Seasoning



Chicken Thigh



Spinach & Rocket Mix



Parsley



Garlic Sauce



Chicken Breast

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

Calorie Smart

*\*Custom Recipe is not Dietitian Approved*

Eat Me Early

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.

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

### Pantry items

Olive Oil, Honey, 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

Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
pear	1	2
carrot	½	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
<b>honey*</b>	½ tbs	1 tbs
<b>vinegar*</b> (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](https://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!



## 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.



## Get prepped

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



## 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.



## 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.



## 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!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)