



Easy Spiced Chicken & Potato Fries

with Ranch Parmesan Salad

KID FRIENDLY

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Potato Fries



Celery



Tomato



Mixed Salad Leaves



Aussie Spice Blend



Chicken Tenderloins



Parmesan Cheese



Ranch Dressing



Chicken Tenderloins

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

Carb Smart

**Custom Recipe is not Dietitian Approved*

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
mixed salad leaves	1 medium bag	2 medium bags
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
Parmesan cheese	1 medium packet	1 large packet
ranch dressing	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1775kJ (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)	801mg	156mg
Dietary Fibre (g)	6.5g	1.3g

Custom Recipe

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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**, **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: Cook chicken in batches for the best results!

2



Get prepped

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

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

Custom Recipe: If you've doubled your chicken tenderloins, season chicken, as above.

4



Serve up

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

Rate your recipe

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