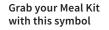


Easy Spiced Chicken & Potato Fries with Ranch Parmesan Salad

KID FRIENDLY

DIETITIAN APPROVED*













Tomato









Aussie Spice Blend





Parmesan Cheese







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

Eat Me Early



*Custom Recipe is not Dietitian Approved

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.

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

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	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







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**.



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!



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.



Serve up

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