

DIETITIAN APPROVED











Seasoning



Chicken Thigh







Carrot





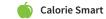






Prep in: 20-30 mins Ready in: 20-30 mins

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 leading the way.



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

Oven tray lined with baking paper · Large frying pan

## Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato fries	1 medium bag	1 large bag		
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		
pear	1	2		
carrot	1/2	1		
vinegar* (white wine or balsamic)	drizzle	drizzle		
spinach & rocket mix	1 medium bag	1 large bag		
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		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2053kJ (491Cal)	385kJ (92Cal)
Protein (g)	37.6g	7.1g
Fat, total (g)	15.5g	2.9g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	46.3g	8.7g
- sugars (g)	17.6g	3.3g
Sodium (mg)	665mg	125mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1978kJ (473Cal)	371kJ (89Cal)
Protein (g)	41.2g	7.7g
Fat, total (g)	11.7g	2.2g
- saturated (g)	2g	0.4g
Carbohydrate (g)	46.3g	8.7g
- sugars (g)	17.6g	3.3g
Sodium (mg)	648mg	122mg

The quantities provided above are averages only.

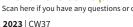
# Allergens

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.
- 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.

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



## Toss the salad

- · While chicken is cooking, thinly slice pear.
- Grate carrot (see ingredients).
- In a medium bowl, combine a drizzle of the vinegar and olive oil.
- Just before serving, add spinach & rocket mix, pear and carrot and toss to combine. Season.



#### Cook the chicken

- Meanwhile, in large bowl, combine garlic & herb seasoning, a drizzle of olive oil and a pinch of pepper. Add chicken thigh, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken thigh**, turning occasionally, until browned and cooked through (when no longer pink inside), 10-14 minutes.
- In the last minute of cook time, add the honey to pan, turning chicken 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. Season chicken as above. Heat pan as above. Cook chicken steaks until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded).



# Serve up

- Divide herbed chicken, fries and pear salad between plates.
- Tear over parsley. Serve with garlic sauce. Enjoy!

#### Rate your recipe

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