

Quick Herbed Chicken & Pre-Cut Fries

with Pear Salad & Garlic Sauce

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato Fries



Garlic & Herb Seasoning



Chicken Thigh



Pear



Carrot



Spinach & Rocket Mix



Parsley




Garlic Sauce



Chicken Breast

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

 Calorie Smart

 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.

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

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
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	½	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

*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



1



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!

3



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.

2



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).

4



Serve up

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

Rate your recipe

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