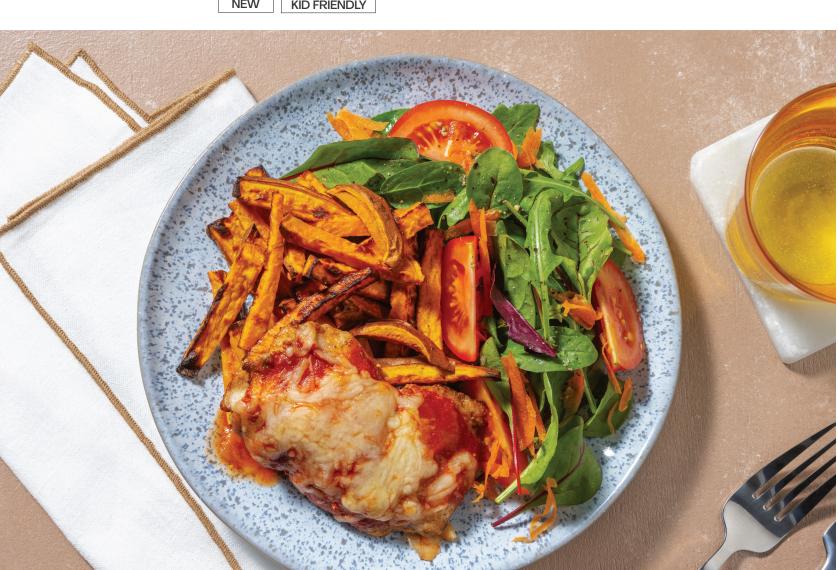


# Cheesy Texan Chicken & Fries with Tomato Salad

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol







**Sweet Potato** 



Tex-Mex Spice Blend

Tomato Sugo



Cheddar Cheese

Tomato





Carrot

Mixed Salad Leaves



**Pantry items** 

Olive Oil, Vinegar (White Wine or Balsamić)

Eat Me Early



A speedy and easy dinner delight is always a household favourite. In tonight's tasty number, Texan chicken takes centre-stage and is perfectly accompanied by sweet potato fries and a tomato salad.

# 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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
chicken thigh	1 small packet	2 small packets OR 1 large packet	
Tex-Mex spice blend	1 medium sachet	2 medium sachets OR 1 large sachet	
tomato sugo	½ packet	1 packet	
Cheddar cheese	1 medium packet	1 large packet	
tomato	1	2	
carrot	1	2	
mixed salad leaves	1 small bag	1 medium bag	
vinegar* (white wine or balsamic)	drizzle	drizzle	
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)	2027kJ (484Cal)	343kJ (82Cal)
Protein (g)	41.4g	7g
Fat, total (g)	16.1g	2.7g
- saturated (g)	6.8g	1.2g
Carbohydrate (g)	42.9g	7.3g
- sugars (g)	22.3g	3.8g
Sodium (mg)	1066mg	180mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1952kJ (467Cal)	330kJ (79Cal)
Protein (g)	45.1g	7.6g
Fat, total (g)	12.4g	2.1g
- saturated (g)	5.7g	1g
Carbohydrate (g)	42.9g	7.3g
- sugars (g)	22.3g	3.8g
Sodium (mg)	1049mg	177mg

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.



## 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 and toss to coat.
- Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide fries between two trays.

**Little cooks:** Help out by tossing the fries with the olive oil and salt.



# Prep the chicken

• Meanwhile, place chicken thigh between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm-thick.

Custom Recipe: If you've swapped to chicken breast, prepare chicken as above.



### Flavour the chicken

• In a medium bowl, combine **Tex-Mex spice** blend, a drizzle of olive oil and a pinch of salt. Add **chicken**, turning to coat.

**Little cooks:** Take the lead by mixing the spice blend mixture and turning the chicken in it to coat. Remember to wash your hands well afterwards!



# Bake the chicken

- Place chicken on a second lined oven tray.
- Spread tomato sugo (see ingredients) over chicken, then sprinkle with Cheddar cheese.
- Bake until chicken is cooked through (when no longer pink inside) and cheese is melted and golden, 8-12 minutes.

**Little cooks:** Top the chicken with the sugo and cheese!

**Custom Recipe:** Cook chicken breast in the same way as above.



## Make the salad

- Meanwhile, slice tomato into thin wedges.
- Grate carrot.
- In a second medium bowl, combine tomato, carrot, mixed salad leaves and a drizzle of olive oil and the vinegar. Season to taste.



# Serve up

- · Divide cheesy Texan chicken, fries and tomato salad between plates.
- · Spoon over the remaining sauce from the tray to serve. Enjoy!





