



Cheesy Texan Chicken & Pre-Cut Fries

with Tomato Salad

Grab your Meal Kit with this symbol



Potato Fries



Chicken Thigh



Tex-Mex Spice Blend



Tomato Sugo



Cheddar Cheese



Tomato



Carrot



Mixed Salad Leaves



Chicken Breast

Prep in: 10-20 mins
Ready in: 30-40 mins



Carb Smart

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 potato fries and a tomato salad.

Eat Me Early

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, 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

Two oven trays 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
chicken thigh	1 small packet	2 small packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2007kJ (480Cal)	347kJ (83Cal)
Protein (g)	42.1g	7.3g
Fat, total (g)	15.9g	2.7g
- saturated (g)	6.8g	1.2g
Carbohydrate (g)	39.5g	6.8g
- sugars (g)	11.5g	2g
Sodium (mg)	1046mg	181mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1932kJ (462Cal)	334kJ (80Cal)
Protein (g)	45.8g	7.9g
Fat, total (g)	12.2g	2.1g
- saturated (g)	5.7g	1g
Carbohydrate (g)	39.5g	6.8g
- sugars (g)	11.5g	2g
Sodium (mg)	1029mg	178mg

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**.
- Place **potato 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 the fries between two trays.

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

3



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.

2



Cook 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.
- In a medium bowl, combine **Tex-Mex spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken**, turning to coat.
- 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: If you've swapped to chicken breast, prepare and bake chicken as above.

4



Serve up

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

Rate your recipe

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