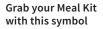
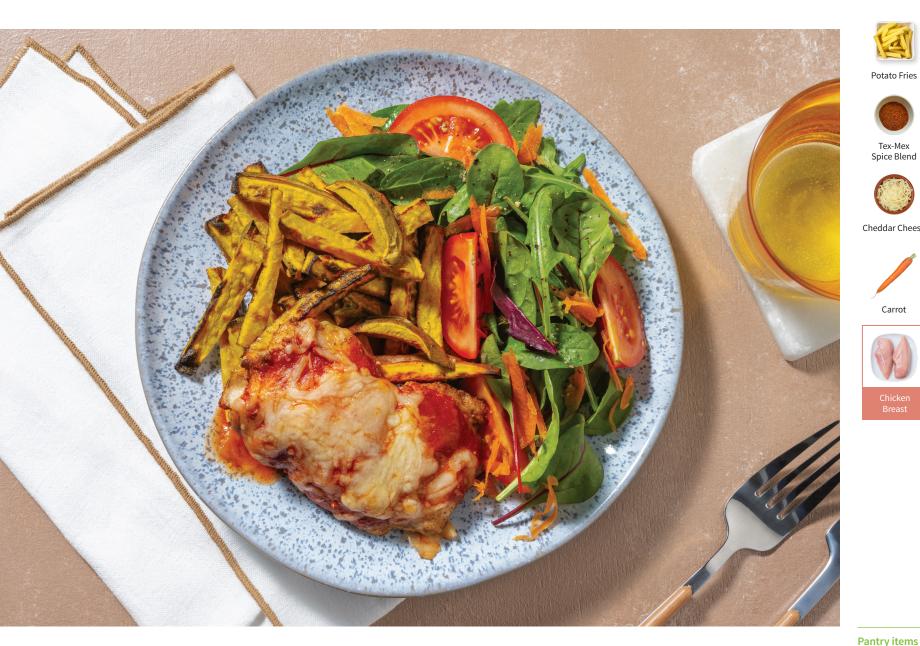


Cheesy Texan Chicken & Pre-Cut Fries with Tomato Salad

















Spice Blend

Tomato Sugo





Cheddar Cheese

Tomato





Carrot

Mixed Salad Leaves



Olive Oil, Vinegar (White Wine or Balsamic)

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

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 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 \cdot 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		
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.



Scan here if you have any questions or concerns

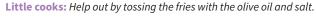




Bake the fries

- 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.





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.



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.



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

