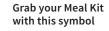


BBQ Chicken & Salsa Loaded Fries

with Cheddar Cheese & Garlic Sauce

TAKEAWAY FAVES

KID FRIENDLY











Sweet Potato



Baby Spinach



Parsley



Chicken Tenderloins







Chicken Salt

Aussie Spice

BBQ Sauce





Garlic Sauce

Cheddar Cheese





Eat Me Early



Crispy and golden, these crunchy SP fries are the perfect foundation for all of the tasty toppings that are packed onto this loaded dish. Spinach, BBQ chicken, cheese and garlic sauce also deserve some solid recognition for levelling up this meal!

Pantry items Olive Oil, White Wine Vinegar

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 \cdot Large frying pan

Ingredients

ingi calcino			
2 People	4 People		
refer to method	refer to method		
2	4		
1	2		
1 small bag	1 medium bag		
1 bag	1 bag		
drizzle	drizzle		
1 small packet	2 small packets OR 1 large packet		
1 medium sachet	1 large sachet		
1 packet	2 packets		
1 sachet	2 sachets		
1 medium packet	2 medium packets		
1 medium packet	1 large packet		
1 small packet	2 small packets OR 1 large packet		
	refer to method 2 1 1 small bag 1 bag drizzle 1 small packet 1 medium sachet 1 packet 1 sachet 1 medium packet 1 medium packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2175kJ (520Cal)	426kJ (102Cal)
Protein (g)	47.5g	9.3g
Fat, total (g)	16.9g	3.3g
- saturated (g)	5.6g	1.1g
Carbohydrate (g)	43.4g	8.5g
- sugars (g)	22.4g	4.4g
Sodium (mg)	1722mg	337mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2889kJ (690Cal)	427kJ (102Cal)
Protein (g)	84.1g	12.4g
Fat, total (g)	19.3g	2.9g
- saturated (g)	6.4g	0.9g
Carbohydrate (g)	43.4g	6.4g
- sugars (g)	22.4g	3.3g
Sodium (mg)	1793mg	265mg

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. Cut sweet potato into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil** and toss to coat.
- Bake until just tender, 20-25 minutes.

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



Cook the chicken

- When fries have 10 minutes remaining, in a large frying pan, heat a drizzle of olive oil over high heat.
- When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Remove from heat and add BBQ sauce, tossing to coat.

TIP: Chicken is cooked through when it is no longer pink inside.

Custom Recipe: If you've doubled your chicken tenderloins, cook in batches for the best results!



Get prepped

- Meanwhile, roughly chop tomato, baby spinach leaves and parsley.
- In a medium bowl, combine tomato, baby spinach leaves, parsley and a drizzle of the white wine vinegar and olive oil. Set aside.
- Cut chicken tenderloins into bite-sized chunks.
- In a second medium bowl, combine Aussie spice blend and a drizzle of olive oil. Add chicken, then toss to coat. Season.

Little cooks: Help toss the chicken with the seasoning.



Serve up

- To the bowl with salsa, add chicken and toss to combine. Season.
- To tray with fries, sprinkle over **chicken salt**. Toss to coat.
- Divide fries between plates.
- Top fries with BBQ chicken, salsa, garlic sauce and Cheddar cheese. Enjoy!

Little cooks: Load up the fries and add the condiments!