



# Easy BBQ Chicken & Slaw Loaded Fries

with Cheddar Cheese & Tomato Salsa

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Deluxe Slaw Mix



Garlic Sauce



Chicken Tenderloins



Aussie Spice Blend



BBQ Sauce



Chicken Salt



Tomato Salsa



Cheddar Cheese



Chicken Tenderloins

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



Calorie Smart\*  
*\*Custom recipe is not Calorie Smart*

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



Eat Me Early

CUSTOM RECIPE

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

### Pantry items

Olive Oil

## 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
<b>olive oil*</b>	refer to method	refer to method
potato	3	6
deluxe slaw mix	1 medium bag	1 large bag
garlic sauce	1 medium packet	2 medium packets
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 packet	2 packets
chicken salt	1 sachet	2 sachets
tomato salsa	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2445kJ (584Cal)	368kJ (88Cal)
Protein (g)	51.7g	7.8g
Fat, total (g)	17g	2.6g
- saturated (g)	5.7g	0.9g
Carbohydrate (g)	52g	7.8g
- sugars (g)	19.4g	2.9g
Sodium (mg)	1947mg	293mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3159kJ (755Cal)	381kJ (91Cal)
Protein (g)	88.3g	10.7g
Fat, total (g)	19.5g	2.4g
- saturated (g)	6.5g	0.8g
Carbohydrate (g)	52g	6.3g
- sugars (g)	19.4g	2.3g
Sodium (mg)	2017mg	243mg

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](https://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**. Cut **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.

3



## 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.
- To the bowl with slaw, add cooked chicken and toss to combine. Season.

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

**Custom Recipe:** Cook the chicken in batches for the best results.

2



## Get prepped

- Meanwhile, in a large bowl, combine **deluxe slaw mix** and **garlic sauce**. Season to taste.
- Cut **chicken tenderloins** into bite-sized chunks.
- In a 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.

**Custom Recipe:** If you've doubled your chicken tenderloins, add an extra drizzle of olive oil to the bowl.

4



## Serve up

- To tray with fries, sprinkle over **chicken salt**. Toss to coat.
- Divide fries between plates.
- Top fries with BBQ chicken, slaw, **tomato salsa** and **Cheddar cheese**. Enjoy!

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)