



Herbed Chicken & Sweet Potato Fries

with Garden Salad & Garlic Sauce

DIETITIAN APPROVED



Grab your Meal Kit with this symbol



Sweet Potato



Snacking Tomatoes



Carrot



Garlic & Herb Seasoning



Chicken Thigh



Spinach & Rocket Mix



Parsley



Garlic Sauce



Beef Rump

Prep in: 35-45 mins
Ready in: 40-50 mins

Calorie Smart

Eat Me Early

You can't go wrong with herby chicken, golden fries or creamy garlic sauce. This meal is a greatest hits of our fave flavours, with juicy chicken thigh leading the way.

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), Honey

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

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
snacking tomatoes	1 punnet	2 punnets
carrot	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken thigh	1 small packet	2 small packets OR 1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
spinach & rocket mix	1 medium bag	2 medium bags
parsley	1 bag	1 bag
garlic sauce	1 medium packet	2 medium packets
honey*	½ tbs	1 tbs
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1944kJ (465Cal)	341kJ (82Cal)
Protein (g)	37.1g	6.5g
Fat, total (g)	15.8g	2.8g
- saturated (g)	3.1g	0.5g
Carbohydrate (g)	42.8g	7.5g
- sugars (g)	20g	3.5g
Sodium (mg)	687mg	120mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1791kJ (428Cal)	322kJ (77Cal)
Protein (g)	37.3g	6.7g
Fat, total (g)	11.5g	2.1g
- saturated (g)	2.1g	0.4g
Carbohydrate (g)	42.8g	7.7g
- sugars (g)	20g	3.6g
Sodium (mg)	661mg	119mg

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**.
- 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 tray is getting crowded, divide the fries between two trays!

4



Cook the chicken

- Transfer **chicken thigh** to a second lined oven tray and bake until cooked through, **14-16 minutes**.
- In the **last minute** of cook time, add the **honey** to the tray, turning **chicken** to coat.

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

Custom Recipe: Heat a drizzle of olive oil in a large frying pan over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness) or until cooked to your liking. Transfer to a plate to rest (it will keep cooking as it rests!).

2



Get prepped

- Meanwhile, halve **snacking tomatoes**.
- Grate **carrot** (see ingredients).

5



Make the salad

- Meanwhile, combine a drizzle of **olive oil** and the **vinegar** in a second large bowl.
- Season, then add **snacking tomatoes**, **carrot** and **spinach & rocket mix**. Toss to coat.

3



Prep the chicken

- In a large bowl, combine **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **pepper**. Add **chicken thigh**, turning to coat.

Custom Recipe: If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened (this ensures it's extra tender once cooked!). Season beef rump as above.

6



Serve up

- Slice chicken.
- Roughly chop **parsley**.
- Divide herbed chicken, fries and garden salad between plates. Garnish with parsley.
- Serve with **garlic sauce**. Enjoy!

Custom Recipe: Slice herbed beef rump. Serve as above.

Rate your recipe

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