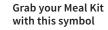


Herbed Chicken & Sweet Potato Fries

with Garden Salad & Garlic Sauce

DIETITIAN APPROVED







Sweet Potato



Snacking Tomatoes



Carrot



Garlic & Herb Seasoning



Chicken Thigh









Garlic Sauce





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

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.



Olive Oil, Vinegar (White Wine or Balsamic), Honey

Pantry items

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
snacking tomatoes	1 punnet	2 punnets	
carrot	1/2	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	
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^{*}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





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!



Get prepped

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



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.



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!).



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.



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.



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate