



# Herbed Chicken & Pre-Prepped Fries

with Cherry Tomato Salad & Garlic Sauce

MEDITERRANEAN

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Sweet Potato Fries



Chicken Thigh



Garlic & Herb Seasoning



Spinach & Rocket Mix



Snacking Tomatoes



Balsamic Vinaigrette Dressing



Garlic Sauce



Parsley



Chicken Breast

### Recipe Update

Unfortunately, some of this week's ingredients were in short supply. As such, what you receive may be slightly different to what is pictured. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 10-20 mins  
Ready in: 30-40 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 leading the way.

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

### Pantry items

Olive Oil, 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato fries	1 medium bag	1 large bag
chicken thigh	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>honey*</b>	½ tbs	1 tbs
spinach & rocket mix	1 medium bag	2 medium bags
snacking tomatoes	1 punnet	2 punnets
balsamic vinaigrette dressing	1 packet	2 packets
garlic sauce	1 medium packet	2 medium packets
parsley	1 bag	1 bag
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)	2056kJ (491Cal)	383kJ (92Cal)
Protein (g)	36.8g	6.8g
Fat, total (g)	19.9g	3.7g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	40.1g	7.5g
- sugars (g)	17.4g	3.2g
Sodium (mg)	805mg	150mg
Dietary Fibre (g)	9.4g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1981kJ (473Cal)	369kJ (88Cal)
Protein (g)	40.5g	7.5g
Fat, total (g)	16.2g	3g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	40.1g	7.5g
- sugars (g)	17.4g	3.2g
Sodium (mg)	788mg	147mg

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**.
- Place **sweet potato fries** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your tray is getting crowded, divide the fries between two trays!

3



## Make the salad

- Meanwhile, in a second large bowl, combine **spinach & rocket mix**, **snacking tomatoes** (halve if preferred) and **balsamic vinaigrette dressing**. Season to taste.

2



## Cook the chicken

- In a large bowl, combine **chicken thigh**, **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **pepper**.
- Transfer **chicken thigh** to a second lined oven tray and bake until cooked through (when no longer pink inside), **14-16 minutes**.
- In the **last minute** of cook time, add the **honey** to the tray, turning chicken to coat.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Season chicken as above. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side. In the last minute of cook time, add the honey to the pan, turning chicken to coat.

4



## Serve up

- Slice chicken.
- Divide herbed chicken, sweet potato fries and cherry tomato salad between plates.
- Top with a dollop of **garlic sauce** and tear over **parsley** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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