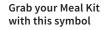


# Herbed Chicken & Pre-Prepped Fries

with Cherry Tomato Salad & Garlic Sauce

MEDITERRANEAN

DIETITIAN APPROVED







Fries



Chicken Thigh



Garlic & Herb



Seasoning



**Snacking Tomatoes** 



Spinach & Rocket











Recipe Update

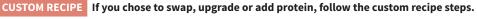
Unfortunately, some of this week's ingredients were in short supply. As such, what you receive may be slightly different to what is pictured. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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

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.



# 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

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	2 People	4 People
olive oil*	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
honey*	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

<sup>\*</sup>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)	<b>369kJ</b> (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 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.
- 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!



# 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.



#### 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

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.



# Serve up

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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate