



# BBQ Chicken & Salsa Loaded Fries

with Cheddar Cheese & Garlic Sauce

TAKEAWAY FAVES

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Tomato



Baby Spinach Leaves



Parsley



Chicken Tenderloins



Aussie Spice Blend



BBQ Sauce



Chicken Salt



Garlic Sauce



Cheddar Cheese



Chicken Tenderloins

Prep in: 15-25 mins  
Ready in: 30-40 mins

Calorie Smart\*  
*\*Custom Recipe is not Calorie Smart*

Eat Me Early

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

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

### Pantry items

Olive Oil, White Wine Vinegar

## 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
sweet potato	2	4
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag
<b>white wine vinegar*</b>	drizzle	drizzle
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
garlic sauce	1 medium packet	2 medium packets
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)	2343kJ (560Cal)	342kJ (82Cal)
Protein (g)	51.1g	7.5g
Fat, total (g)	16.7g	2.4g
- saturated (g)	5.6g	0.8g
Carbohydrate (g)	48.8g	7.1g
- sugars (g)	17.7g	2.6g
Sodium (mg)	1726mg	252mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3058kJ (731Cal)	359kJ (86Cal)
Protein (g)	87.7g	10.3g
Fat, total (g)	19.1g	2.2g
- saturated (g)	6.4g	0.8g
Carbohydrate (g)	48.8g	5.7g
- sugars (g)	17.7g	2.1g
Sodium (mg)	1797mg	211mg

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 **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil** and toss to coat. Bake until just tender, **25-30 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.

3



## Cook the chicken

- When the 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.

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

**Custom Recipe:** Cook in batches for the best results!

2



## Get prepped

- Meanwhile, roughly chop **tomato**, **baby spinach leaves** and **parsley**.
- In a medium bowl, combine **tomato**, **baby spinach leaves**, **parsley** and a drizzle of the **white wine vinegar** and **olive oil**. Set aside.
- Cut **chicken tenderloins** into bite-sized chunks.
- In a second medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken**, then toss to coat. Season.

**Custom Recipe:** If you've doubled your chicken tenderloins, prepare chicken as above.

4



## Serve up

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

## Rate your recipe

Our Culinary team is waiting for your feedback!  
Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)