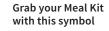


BBQ Chicken & Salsa Loaded Fries with Cheddar Cheese & Garlic Sauce

TAKEAWAY FAVES

KID FRIENDLY









Sweet Potato



Baby Spinach





Leaves







Chicken Tenderloins





Aussie Spice Blend





Garlic Sauce

Cheddar Cheese



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

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!

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

ingi calcino				
	2 People	4 People		
olive oil*	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		
white wine vinegar*	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 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 and toss to coat. Bake until just tender, 25-30 minutes.

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



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!



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.



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!



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

