



Easy BBQ Chicken & Salsa Loaded Fries

with Cheddar Cheese & Garlic Sauce

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato Fries



Tomato



Baby Spinach Leaves



Parsley



Chicken Tenderloins



Aussie Spice Blend



BBQ Sauce



Chicken Salt



Garlic Sauce



Cheddar Cheese



Chicken Tenderloins

Prep in: 10-20 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
olive oil*	refer to method	refer to method
sweet potato fries	1 medium bag	1 large bag
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
parsley	1 bag	1 bag
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 chicken tenderloins**	1 medium packet	1 large packet
	1 small packets	2 small packets OR 1 large packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2175kJ (520Cal)	426kJ (102Cal)
Protein (g)	47.5g	9.3g
Fat, total (g)	16.7g	3.3g
- saturated (g)	5.6g	1.1g
Carbohydrate (g)	43.4g	8.5g
- sugars (g)	22.4g	4.4g
Sodium (mg)	1722mg	337mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2889kJ (690Cal)	427kJ (102Cal)
Protein (g)	84.1g	12.4g
Fat, total (g)	19.1g	2.8g
- saturated (g)	6.4g	0.9g
Carbohydrate (g)	43.4g	6.4g
- sugars (g)	22.4g	3.3g
Sodium (mg)	1793mg	265mg

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



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 toss to coat.
- Bake **fries** until just tender, **20-25 minutes**.

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

3



Cook the chicken

- When fries have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, add **chicken** and **Aussie spice blend** and cook, 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 chicken in batches for the best results, adding an extra drizzle of olive to the pan with the spice blend.

2



Get prepped

- Meanwhile, roughly chop **tomato** and **baby spinach leaves**.
- In a medium bowl, place **tomato**, **baby spinach** and a drizzle of the **white wine vinegar** and **olive oil**, then tear in **parsley**. Toss to combine. Season.
- Cut **chicken tenderloins** into bite-sized chunks.

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!

Little cooks: Load up the fries and add the condiments!

Rate your recipe

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