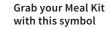


Nan's Chicken & Rainbow Fries

with Cherry Tomato & Parmesan Salad

KID FRIENDLY

CLIMATE SUPERSTAR













Nan's Special



Seasoning



Snacking Tomatoes



Parmesan Cheese



Mixed Salad

Leaves



Prep in: 15-25 mins Ready in: 35-45 mins

Eat Me Early



In this bright and tasty (and carb conscious!) dinner, succulent chicken thigh gets an extra boost of flavour from our Nan's special seasoning. Serve with veggie fries and a slightly sweet and peppery salad.

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

Pantry items Olive Oil, Balsamic 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 \cdot Large frying pan

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	2	4		
zucchini	1	2		
Nan's special seasoning	1 medium sachet	1 large sachet		
chicken thigh	1 small packet	2 small packets OR 1 large packet		
snacking tomatoes	1 punnet	2 punnets		
balsamic vinegar*	drizzle	drizzle		
mixed salad leaves	1 medium bag	1 large bag		
Parmesan cheese	1 medium packet	1 large packet		
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)	1380kJ (330Cal)	265kJ (63Cal)
Protein (g)	39.2g	7.5g
Fat, total (g)	12.7g	2.4g
- saturated (g)	5.2g	1g
Carbohydrate (g)	13.8g	2.7g
- sugars (g)	9.5g	1.8g
Sodium (mg)	706mg	136mg
Dietary Fibre (g)	7.4g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1305kJ (312Cal)	251kJ (60Cal)
Protein (g)	42.8g	8.2g
Fat, total (g)	9g	1.7g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	13.8g	2.7g
- sugars (g)	9.4g	1.8g
Sodium (mg)	689mg	132mg
Dietary Fibre (g)	7.5g	1.4g

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.



Bake the veggie fries

- Preheat oven to 240°C/220°C fan-forced.
- · Cut carrot and zucchini into fries.
- Place veggie fries on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat.
- Bake until tender, 20-25 minutes.

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



Make the salad

- While the chicken is cooking, halve **snacking tomatoes**.
- In a large bowl, combine a drizzle of balsamic vinegar and olive oil. Season, then add mixed salad leaves, tomato and Parmesan cheese. Toss to coat.

Little cooks: Take the lead by tossing the salad!



Cook the chicken

- Meanwhile, in a medium bowl, combine Nan's special seasoning and a drizzle of olive oil. Add chicken thigh and toss to coat.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken, turning occasionally, until browned and cooked through (when no longer pink inside), 10-14 minutes. Transfer to a plate to rest.

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 and prepare pan as above. Cook chicken, until browned and cooked through (when no longer pink inside), 3-6 minutes each side. Transfer to a plate.



Serve up

- Slice the seared chicken.
- Divide Nan's chicken, rainbow fries and cherry tomato and Parmesan salad between plates. Spoon any resting juices over chicken to serve. Enjoy!

