



Nan's Chicken & Rainbow Fries

with Cherry Tomato & Parmesan Salad

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Zucchini



Nan's Special Seasoning



Chicken Thigh



Snacking Tomatoes



Mixed Salad Leaves



Parmesan Cheese



Chicken Breast

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

Carb Smart

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 · Large frying pan

Ingredients

	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.

1



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.

3



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!

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns



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