



# Easy Spiced Chicken & Potato Fries

with Ranch Parmesan Salad

SUMMER SALADS

KID FRIENDLY

DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Potato Fries



Celery



Tomato



Aussie Spice Blend



Chicken Tenderloins



Mixed Salad Leaves



Parmesan Cheese



Ranch Dressing



Chicken Tenderloins

Prep in: 15-25 mins  
Ready in: 20-30 mins

Carb Smart

Eat Me Early

\*Custom Recipe is not Dietitian Approved

Sometimes it's best to stick with the basics by plating up a tried and true meal that never fails to deliver. Our go-to includes simple potato fries that crisp up to perfection in the oven, superbly spiced chicken with just the right amount of kick and a creamy Parmesan salad that completes this faultless combination.

**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
potato fries	1 medium bag	1 large bag
celery	1 medium bag	1 large bag
tomato	1	2
Aussie spice blend	1 medium sachet	1 large sachet
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
mixed salad leaves	1 medium bag	2 medium bags
Parmesan cheese	1 medium packet	1 large packet
ranch dressing	1 packet	2 packets
<b>white wine vinegar*</b>	drizzle	drizzle
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)	1777kJ (425Cal)	346kJ (83Cal)
Protein (g)	47.5g	9.3g
Fat, total (g)	10.5g	2g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	31.7g	6.2g
- sugars (g)	5g	1g
Sodium (mg)	783mg	153mg
Dietary Fibre (g)	6.4g	1.2g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2494kJ (596Cal)	368kJ (88Cal)
Protein (g)	84.1g	12.4g
Fat, total (g)	13g	1.9g
- saturated (g)	4.7g	0.7g
Carbohydrate (g)	31.8g	4.7g
- sugars (g)	5g	0.7g
Sodium (mg)	853mg	126mg
Dietary Fibre (g)	6.5g	1g

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



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## Cook the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Place **potato fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until golden and tender, **20-25 minutes**.

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

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## Cook the chicken & finish the salad

- Heat a drizzle of **olive oil** in a large frying pan over medium-high heat.
- Cook **chicken** until browned and cooked through, **3-4 minutes** each side.
- Meanwhile, in a large bowl, combine **mixed salad leaves**, **celery**, **tomato**, **Parmesan cheese**, **ranch dressing** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

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

**Little cooks:** Take the lead by tossing the salad!

**Custom Recipe:** Cook chicken in batches for the best results.

2



## Get prepped

- Meanwhile, finely chop **celery**.
- Cut **tomato** into chunks.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken tenderloins**, turning to coat.

**Little cooks:** Join the fun by combining the chicken and the spice blend!

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

4



## Serve up

- Divide spiced chicken, potato fries and ranch Parmesan salad between plates to serve. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)