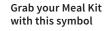


# Easy Spiced Chicken & Potato Fries with Ranch Parmesan Salad

SUMMER SALADS

KID FRIENDLY

DIETITIAN APPROVED\*



















Chicken Tenderloins







Ranch Dressing

Parmesan Cheese





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

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.

**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  $\cdot$  Large frying pan

#### Ingredients

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	2 People	4 People
olive oil*	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
white wine vinegar*	drizzle	drizzle
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Scan here if you have any questions or concerns





### 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.



### 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.



# 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.



# Serve up

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



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