



Garlic & Herb Charred Chicken

With Oregano Fries, Greek Salad & Mayonnaise

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Dried Oregano



Garlic & Herb Seasoning



Chicken Thigh



Red Onion



Cucumber



Tomato



Mixed Salad Leaves



Fetta Cubes



Mayonnaise



Chicken Thigh

Prep in: 20-30 mins
Ready in: 35-45 mins

Carb Smart*
**Custom recipe is not Carb Smart*

Eat Me Early

You can't go wrong with this classic combo of golden fries, crisp salad and herby chicken! Don't forget the crumble of feta and dollop of mayo for some added richness.

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

Pantry items

Olive Oil, White Wine Vinegar, Honey

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
dried oregano	1 sachet	2 sachets
garlic & herb seasoning	1 sachet	2 sachets
chicken thigh	1 small packet	2 small packets OR 1 large packet
red onion	½	1
white wine vinegar*	3 tbs	6 tbs
honey*	1 tsp	2 tsp
cucumber	1	2
tomato	1	2
mixed salad leaves	1 small packet	1 medium packet
fetta cubes	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
chicken thigh**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2368kJ (566Cal)	358kJ (86Cal)
Protein (g)	40.4g	6.1g
Fat, total (g)	26.6g	4g
- saturated (g)	5.9g	0.9g
Carbohydrate (g)	39g	5.9g
- sugars (g)	17.4g	2.6g
Sodium (mg)	854mg	129mg
Dietary Fibre (g)	8.3g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3196kJ (764Cal)	387kJ (92Cal)
Protein (g)	70.8g	8.6g
Fat, total (g)	35.1g	4.3g
- saturated (g)	8.5g	1g
Carbohydrate (g)	39.1g	4.7g
- sugars (g)	17.6g	2.1g
Sodium (mg)	955mg	116mg

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



Bake the potato fries

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Sprinkle with **dried oregano**. Season with **salt and pepper** and drizzle with **olive oil**.
- Toss to coat, then bake until tender, **25-30 minutes**.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **chicken thigh** and cook until browned, **2 minutes** on each side. Remove from heat, add the **honey** to the pan and toss to coat.
- Transfer **chicken** to a second lined oven tray and bake until cooked through, **8-12 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

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

Custom Recipe: Cook chicken in batches for best results.



Prep the chicken

- While the fries are baking, in a medium bowl, combine **garlic & herb seasoning**, a pinch of **salt and pepper** and a drizzle of **olive oil**. Add **chicken thigh** and toss to coat.

Custom Recipe: If you've doubled your chicken thigh, prepare chicken as above.



Bring it together

- While the chicken is cooking, finely chop **cucumber** and **tomato**.
- Drain **pickled onion**.
- In a second medium bowl, combine **cucumber**, **tomato**, **pickled onion**, **mixed salad leaves** and a drizzle of **olive oil**. Season to taste.



Pickle the onion

- Thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch **sliced onion** in your hands, then add it to **pickling liquid**. Add enough **water** to just cover onion. Set aside.



Serve up

- Slice the garlic and herb charred chicken.
- Divide the chicken, oregano fries and salad between plates.
- Crumble **fetta cubes** over salad. Top with a dollop of **mayonnaise** to serve. Enjoy!

Rate your recipe

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