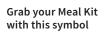


Garlic & Herb Charred Chicken

With Oregano Fries, Greek Salad & Mayonnaise

NEW

CLIMATE SUPERSTAR









Potato

Dried Oregano



Garlic & Herb



Seasoning





Cucumber

Mayonnaise

Chicken Thigh

Red Onion





Mixed Salad Leaves





Fetta Cubes





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

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 fetta and dollop of mayo for some added richness.

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

ingi calcino				
2 People	4 People			
refer to method	refer to method			
2	4			
1 sachet	2 sachets			
1 sachet	2 sachets			
1 small packet	2 small packets OR 1 large packet			
1/2	1			
3 tbs	6 tbs			
1 tsp	2 tsp			
1	2			
1	2			
1 small packet	1 medium packet			
1 medium packet	1 large packet			
1 medium packet	1 large packet			
1 small packet	2 small packets OR 1 large packet			
	refer to method 2 1 sachet 1 sachet 1 small packet ½ 3 tbs 1 tsp 1 1 small packet 1 medium packet 1 medium 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.



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.



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.



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.



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.



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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate