



# Seared Chicken & Rainbow Veggie Fries

with 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



Mayonnaise



Chicken Thigh

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, plus a dollop of mayo for dipping.

**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
<b>olive oil*</b>	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 packet	2 packets
<b>balsamic vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
Parmesan cheese	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)	1758kJ (420Cal)	326kJ (78Cal)
Protein (g)	39.3g	7.3g
Fat, total (g)	22.9g	4.3g
- saturated (g)	6g	1.1g
Carbohydrate (g)	13.7g	2.5g
- sugars (g)	9.8g	1.8g
Sodium (mg)	721mg	134mg
Dietary Fibre (g)	7.4g	1.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2586kJ (618Cal)	367kJ (88Cal)
Protein (g)	69.7g	9.9g
Fat, total (g)	31.4g	4.5g
- saturated (g)	8.5g	1.2g
Carbohydrate (g)	13.9g	2g
- sugars (g)	9.9g	1.4g
Sodium (mg)	822mg	117mg
Dietary Fibre (g)	7.4g	1.1g

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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## 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.

**TIP:** The spice blend may char slightly in the pan, this adds to the flavour.

**Little cooks:** Take charge by combining the chicken with the seasoning!

**Custom Recipe:** If you've doubled your chicken thigh, prepare and cook chicken as above. Cook chicken in batches for best results.

4



## Serve up

- Slice the seared chicken.
- Divide chicken, rainbow veggie fries and tomato and Parmesan salad between plates. Spoon any resting juices over chicken. Dollop over **mayonnaise** to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

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