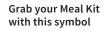


Seared Chicken & Rainbow Veggie Fries

with Tomato & Parmesan Salad

KID FRIENDLY

CLIMATE SUPERSTAR













Nan's Special Seasoning



Snacking Tomatoes









Parmesan Cheese

Mayonnaise





Prep in: 15-25 mins Ready in: 35-45 mins

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 \cdot Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	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	
balsamic vinegar*	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

Per Serving	Per 100g
1758kJ (420Cal)	326kJ (78Cal)
39.3g	7.3g
22.9g	4.3g
6g	1.1g
13.7g	2.5g
9.8g	1.8g
721mg	134mg
7.4g	1.4g
	1758kJ (420Cal) 39.3g 22.9g 6g 13.7g 9.8g 721mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





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.



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!



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.



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!