



Cheesy Texan Chicken & Sweet Potato Fries

with Tomato Salad

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Chicken Thigh



Tex-Mex Spice Blend



Tomato Sugo



Cheddar Cheese



Tomato



Carrot



Mixed Salad Leaves



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me Early

A speedy and easy dinner delight is always a household favourite. In tonight's tasty number, Texan chicken takes centre-stage and is perfectly accompanied by sweet potato fries and a tomato salad.

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato sugo	½ medium packet	1 medium packet
Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
carrot	1	2
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1973kJ (472Cal)	365kJ (87Cal)
Protein (g)	40.9g	7.6g
Fat, total (g)	16.1g	3g
- saturated (g)	6.9g	1.3g
Carbohydrate (g)	40.9g	7.6g
- sugars (g)	20.3g	3.8g
Sodium (mg)	1045mg	193mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1859kJ (444Cal)	344kJ (82Cal)
Protein (g)	47.1g	8.7g
Fat, total (g)	10.1g	1.9g
- saturated (g)	5.1g	0.9g
Carbohydrate (g)	40.9g	7.6g
- sugars (g)	20.2g	3.7g
Sodium (mg)	1014mg	187mg

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

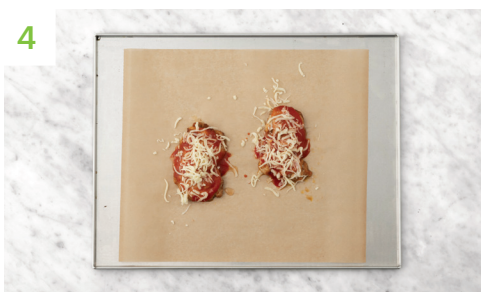


Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide fries between two trays.

Little cooks: Help out by tossing the fries with the olive oil and salt.



Bake the chicken

- Place **chicken** on a second lined oven tray.
- Spread **tomato sugo (see ingredients)** over chicken, then sprinkle with **Cheddar cheese**.
- Bake until chicken is cooked through (when no longer pink inside) and cheese is melted and golden, **8-12 minutes**.

Little cooks: Top the chicken with the sugo and cheese!

Custom Recipe: Cook chicken breast in the same way as above.



Prep the chicken

- Meanwhile, place **chicken thigh** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm-thick.

Custom Recipe: If you've swapped to chicken breast, prepare chicken as above.



Flavour the chicken

- In a medium bowl, combine **Tex-Mex spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken**, turning to coat.

Little cooks: Take the lead by mixing the spice blend mixture and turning the chicken in it to coat. Remember to wash your hands well afterwards!



Make the salad

- Meanwhile, slice **tomato** into thin wedges.
- Grate **carrot**.
- In a second medium bowl, combine **tomato**, **carrot**, **mixed salad leaves** and a drizzle of **olive oil** and the **vinegar**. Season to taste.



Serve up

- Divide cheesy Texan chicken, sweet potato fries and tomato salad between plates.
- Spoon over the remaining sauce from the tray to serve. Enjoy!

Rate your recipe

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Let them know what you thought: hellofresh.com.au/rate