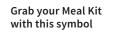


BBQ Chicken & Salsa Loaded Fries with Cheddar Cheese & Garlic Sauce

FEEL GOOD TAKEAWAY

KID FRIENDLY















Cucumber



Chicken Tenderloins



BBQ Sauce





Chicken Salt

Cheddar Cheese



Garlic Sauce



Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me Early



Crispy and golden, these crunchy fries are the perfect foundation for all of the tasty toppings that are packed onto this loaded dish. Spinach, BBQ chicken, cheese and garlic sauce also deserve some solid recognition for levelling up this meal!



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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	3	6		
tomato	1	2		
cucumber	1	2		
baby spinach leaves	1 small packet	1 medium packet		
parsley	1 packet	1 packet		
white wine vinegar*	drizzle	drizzle		
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet		
Aussie spice blend	1 medium sachet	1 large sachet		
BBQ sauce	1 medium packet	2 medium packets		
chicken salt	1 medium packet	2 medium packets		
Cheddar cheese	1 medium packet	1 large packet		
garlic sauce	1 medium packet	2 medium packets		
chicken tenderloins**	1 medium packet	2 medium packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2532kJ (605Cal)	367kJ (88Cal)
Protein (g)	51.1g	7.4g
Fat, total (g)	21.8g	3.2g
- saturated (g)	6.4g	0.9g
Carbohydrate (g)	49.1g	7.1g
- sugars (g)	17.9g	2.6g
Sodium (mg)	1727mg	250mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3248kJ (776Cal)	380kJ (91Cal)
Protein (g)	87.8g	10.3g
Fat, total (g)	24.3g	2.8g
- saturated (g)	7.2g	0.8g
Carbohydrate (g)	49.2g	5.7g
- sugars (g)	17.9g	2.1g
Sodium (mg)	1797mg	210mg

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 240°C/220°C fan-forced.
- · Cut potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil and toss to coat.
- · Bake until just tender, 25-30 minutes.

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



Cook the chicken

- When the fries have 10 minutes remaining, in a large frying pan, heat a drizzle of olive oil over high heat.
- When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Remove from heat and add BBQ sauce, tossing to coat.

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

Custom Recipe: Cook chicken in batches for the best results.



Get prepped

- Meanwhile, roughly chop tomato, cucumber, baby spinach leaves and parsley.
- In a medium bowl, combine tomato, cucumber, baby spinach leaves, parsley and a drizzle of white wine vinegar and olive oil. Set aside.
- Cut chicken tenderloins into bite-sized chunks.
- In a second medium bowl, combine **Aussie spice blend** and a drizzle of **olive** oil. Add chicken, then toss to coat. Season.

Little cooks: Take the lead by tossing the salsa!

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



Serve up

- To the tray with fries, sprinkle over chicken salt. Toss to coat.
- Divide fries between plates or bowls.
- Top fries with BBQ chicken, salsa, Cheddar cheese and garlic sauce to serve. Enjoy!

Little cooks: Take the lead and help load up the fries!

Rate your recipe

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

