



BBQ Chicken & Salsa Loaded Fries

with Cheddar Cheese & Garlic Sauce

FEEL GOOD TAKEAWAY

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Tomato



Cucumber



Baby Spinach Leaves



Parsley



Chicken Tenderloins



Aussie Spice Blend



BBQ Sauce



Chicken Salt



Cheddar Cheese



Garlic Sauce



Chicken Tenderloins

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

Calorie Smart[^]
[^]Custom recipe is not Calorie Smart

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!

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

Pantry items

Olive Oil, White Wine 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
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



1



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.

3



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.

2



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.

4



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

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