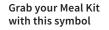


Easy Cheesy Texan Chicken & Fries with Tomato Salad

KID FRIENDLY

CLIMATE SUPERSTAR













Spice Blend

Diced Tomatoes with Onion & Garlic





Cheddar Cheese

Snacking Tomatoes



Carrot



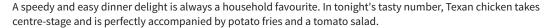
Leaves



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

Eat Me Early







Olive Oil, Vinegar (White Wine or Balsamic)

Pantry items

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

ingi caici ico			
	2 People	4 People	
olive oil*	refer to method	refer to method	
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	
diced tomatoes with onion & garlic	½ packet	1 packet	
Cheddar cheese	1 medium packet	1 large packet	
snacking tomatoes	1 medium packet	2 medium packets	
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)	1933kJ (462Cal)	313kJ (75Cal)
Protein (g)	42.3g	6.8g
Fat, total (g)	16g	2.6g
- saturated (g)	6.8g	1.1g
Carbohydrate (g)	36.1g	5.8g
- sugars (g)	12.8g	2.1g
Sodium (mg)	1057mg	171mg
Dietary Fibre (g)	11.1g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1823kJ (436Cal)	295kJ (71Cal)
Protein (g)	48.6g	7.9g
Fat, total (g)	10g	1.6g
- saturated (g)	5.1g	0.8g
Carbohydrate (g)	36.1g	5.8g
- sugars (g)	12.7g	2.1g
Sodium (mg)	1026mg	166mg
Dietary Fibre	11.3g	1.8g

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, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the fries between two trays. Little cooks: Help out by tossing the fries with the olive oil and salt.



Make the salad

- Meanwhile, halve snacking tomatoes.
- Grate carrot.
- In a second medium bowl, combine snacking tomatoes, carrot, mixed salad leaves and a drizzle of olive oil and the vinegar. Season to taste.



Cook 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.
- In a medium bowl, combine Tex-Mex spice blend, a drizzle of olive oil and a pinch of salt. Add chicken, turning to coat.
- Place **chicken** on a second lined oven tray.
- Spread diced tomatoes with onion & garlic (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 diced tomatoes and cheese!

Custom Recipe: If you've swapped to chicken breast, prepare and cook chicken as above, spreading over two oven trays if your tray is crowded.



Serve up

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

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate