



# BBQ Chicken & Salsa Loaded Fries

with Cheddar Cheese & Garlic Sauce

FEEL GOOD TAKEAWAY

KID FRIENDLY

Grab your meal kit with this number

41



Potato



Tomato



Cucumber



Baby Spinach Leaves



Parsley



Chicken Tenderloins



Aussie Spice Blend



BBQ Sauce



Cheddar Cheese



Garlic Sauce



Chicken Tenderloins



Beef Strips

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

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!

### Pantry items

Olive Oil, White Wine Vinegar



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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                              |
|----------------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>          | 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                              |
| <b>white wine vinegar*</b> | drizzle         | drizzle                               |
| chicken tenderloins        | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| Aussie spice blend         | 1 medium sachet | 1 large sachet                        |
| BBQ sauce                  | 1 packet        | 2 packets                             |
| Cheddar cheese             | 1 medium packet | 1 large packet                        |
| garlic sauce               | 1 packet        | 2 packets                             |

\*Pantry Items

## 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         |
| Dietary Fibre (g) | 7.6g            | 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](https://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



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## Bake the 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.

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## 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 OPTIONS



### DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.



### SWAP TO BEEF STRIPS

Thinly slice into strips. Cook, as above, for 1-2 minutes.

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 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!

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## Serve up

- Season fries with **salt**. Toss to coat.
- Divide fries between plates.
- 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!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

