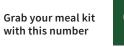


# BBQ Chicken & Salsa Loaded Fries with Cheddar Cheese & Garlic Sauce

FEEL GOOD TAKEAWAY

KID FRIENDLY











Cucumber

Baby Spinach Leaves







Chicken Tenderloins



Aussie Spice







Cheddar Cheese

**Garlic Sauce** 





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



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!



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
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		2 medium packets
tenderloins	1 medium packet	OR 1 large packet
tenderloins Aussie spice blend	1 medium packet 1 medium sachet	
Aussie spice	·	OR 1 large packet
Aussie spice blend	1 medium sachet	OR 1 large packet 1 large sachet
Aussie spice blend BBQ sauce	1 medium sachet	OR 1 large packet 1 large sachet 2 packets

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### 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.



## 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.



## 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!



#### 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!



