

# Cheesy Tex-Mex Chicken & Sweet Potato Fries

with Cherry Tomato Salad











KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number


14



-  Sweet Potato
-  Chicken Thigh
-  Tex-Mex Spice Blend
-  Tomato Sugo
-  Cheddar Cheese
-  Snacking Tomatoes
-  Carrot
-  Mixed Salad Leaves
-  Chicken Thigh
-  Chicken Breast

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

 Calorie Reduced

 Eat Me Early

A speedy and easy dinner delight is always a household favourite. In tonight's tasty number, Tex-Mex chicken takes centre-stage and is perfectly accompanied by sweet potato fries and a tomato salad.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## 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

Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet 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
tomato sugo	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
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle

\*Pantry Items

## 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)	9.3g	1.5g

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.

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## Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet 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.

3



## 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.

**Little cooks:** Take the lead by tossing the salad!

2



## 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 **tomato sugo** (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 sugo and cheese!

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

