

Spiced Chicken & Potato Fries

with Baby Capsicum & Ranch Parmesan Salad

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

12



Potato Fries



Celery



Baby Capsicum



Aussie Spice Blend



Chicken Tenderloins



Mixed Salad Leaves



Parmesan Cheese



Ranch Dressing



Diced Bacon



Chicken Tenderloins

Prep in: 15-25 mins
Ready in: 25-35 mins

 Calorie Reduced

 Eat Me Early

Sometimes it's best to stick with the basics by plating up a tried and true meal that never fails to deliver. Our go-to includes simple potato fries that crisp up to perfection in the oven, superbly spiced chicken with just the right amount of kick and a creamy Parmesan salad that completes this faultless combination.

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

Air fryer or oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato fries	1 medium packet	1 large packet
celery	1 medium packet	1 large packet
baby capsicum	2	4
Aussie spice blend	1 medium sachet	1 large sachet
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 medium packet	2 medium packets
Parmesan cheese	1 medium packet	1 large packet
ranch dressing	1 packet	2 packets
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1744kJ (417Cal)	377kJ (90Cal)
Protein (g)	47.2g	10.2g
Fat, total (g)	10.4g	2.2g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	30.2g	6.5g
- sugars (g)	3.7g	0.8g
Sodium (mg)	782mg	169mg
Dietary Fibre (g)	5.9g	1.3g

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.

1



Cook the fries

- Set air fryer to **200°C**. Place **potato fries** into the air fryer basket, drizzle with **olive oil**, season with **salt** and toss to coat. Cook for **10 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place potato fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until golden and tender, 20-25 minutes.

3



Cook the chicken & finish the salad

- Heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **chicken** until browned and cooked through, **3-4 minutes** each side.
- Meanwhile, in a large bowl, combine **mixed salad leaves**, **celery**, **baby capsicum**, **Parmesan cheese**, **ranch dressing** and a drizzle of the **white wine vinegar** and **olive oil**. Season to taste.

TIP: Chicken is cooked through when it is no longer pink inside.

Little cooks: Take the lead by tossing the salad!

2



Get prepped

- Meanwhile, finely chop **celery**.
- Thinly slice **baby capsicum**.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken tenderloins**, turning to coat.

Little cooks: Join the fun by combining the chicken and the spice blend!

4



Serve up

- Divide spiced chicken, potato fries and ranch Parmesan salad between plates. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS



ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Add to fries to serve.



DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.

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

