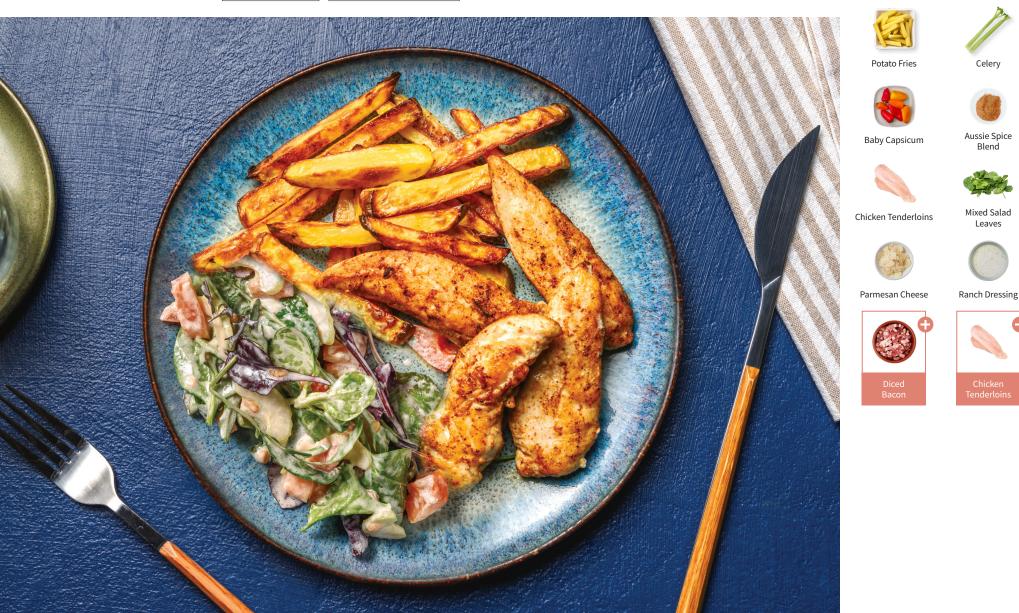


# Spiced Chicken & Potato Fries with Baby Capsicum & Ranch Parmesan Salad

**KID FRIENDLY AIR FRYER FRIENDLY** 



12



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

Eat Me Early

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**Calorie Reduced** 

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.



#### 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.



# 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!



### 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!

#### 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



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

**DOUBLE CHICKEN TENDERLOINS** 

if necessary.

Follow method above, cooking in batches

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

