



Easy BBQ Chicken & Salsa Loaded Fries

with Cheddar Cheese & Garlic Sauce

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Tomato



Baby Spinach Leaves



Parsley



Aussie Spice Blend



BBQ Sauce



Chicken Salt



Chicken Tenderloins



Shredded Cheddar Cheese



Garlic Sauce

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

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
baby spinach leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag
white wine vinegar*	drizzle	drizzle
chicken tenderloins	1 small packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 packet	2 packets
chicken salt	1 sachet	2 sachets
shredded Cheddar cheese	1 medium packet	1 large packet
garlic sauce	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2306kJ (551Cal)	378kJ (90Cal)
Protein (g)	50.6g	8.3g
Fat, total (g)	16.6g	2.7g
- saturated (g)	5.6g	0.9g
Carbohydrate (g)	47.3g	7.7g
- sugars (g)	16.3g	2.7g
Sodium (mg)	1723mg	282mg

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



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, **20-25 minutes**.

TIP: If your oven tray is crowded, divide fries between two trays.

3



Cook the chicken

- When 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.

2



Get prepped

- Meanwhile, roughly chop **tomato**, **baby spinach leaves** and **parsley**.
- In a medium bowl, combine **tomato**, **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: Help toss the chicken with the seasoning.

4



Serve up

- To bowl with salsa, add chicken and toss to combine. Season.
- To tray with fries, sprinkle over **chicken salt**. Toss to coat.
- Divide fries between plates.
- Top fries with BBQ chicken, salsa, **garlic sauce** and **shredded Cheddar cheese**. Enjoy!

Little cooks: Load up the fries and add the condiments!

We're here to help!

Scan here if you have any questions or concerns

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