



# Quick Spiced Chicken & Potato Fries

with Ranch Parmesan Salad

DIETITIAN APPROVED

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato Fries



Celery



Tomato



Chicken Tenderloins



Aussie Spice Blend



Mixed Salad Leaves



Shaved Parmesan Cheese

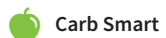


Ranch Dressing



Diced Bacon

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



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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar



## Before you start

Wash your hands and any fresh food.

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
<b>olive oil*</b>	refer to method	refer to method
potato fries	1 medium packet	1 large packet
celery	1 medium packet	1 large packet
tomato	1	2
chicken tenderloins	1 small packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
mixed salad leaves	1 medium bag	1 large bag
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
ranch dressing	1 packet	2 packets
<b>white wine vinegar*</b>	drizzle	drizzle
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1773kJ (424Cal)	346kJ (83Cal)
Protein (g)	47.4g	9.2g
Fat, total (g)	10.4g	2g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	31.6g	6.2g
- sugars (g)	4.9g	1g
Sodium (mg)	802mg	156mg
Dietary Fibre (g)	6.5g	1.3g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2174kJ (520Cal)	390kJ (93Cal)
Protein (g)	54.2g	9.7g
Fat, total (g)	16.9g	3g
- saturated (g)	6.3g	1.1g
Carbohydrate (g)	32.5g	5.8g
- sugars (g)	5.4g	1g
Sodium (mg)	1242mg	223mg
Dietary Fibre (g)	6.5g	1.2g

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.

## We're here to help!

Scan here if you have any questions or concerns



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## Cook the fries

- 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 **pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

3



## Cook the chicken & finish the salad

- When the fries have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over medium-high heat.
- Cook **chicken** until browned and cooked through (when no longer pink inside), **3-4 minutes** each side.
- Meanwhile, in a large bowl, combine **mixed salad leaves**, **celery**, **tomato**, **shaved Parmesan cheese**, **ranch dressing**, a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

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

**Custom Recipe:** If you've added diced bacon, after cooking the chicken, return pan to medium-high heat with a drizzle of olive oil. Cook diced bacon, breaking bacon up with a spoon, until golden, 4-6 minutes. Add bacon to bowl with the salad leaves.

2



## Get prepped

- Meanwhile, finely chop **celery**.
- Roughly chop **tomato**.
- In a medium bowl, combine **chicken tenderloins**, **Aussie spice blend** and a drizzle of **olive oil**.

**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!

## Rate your recipe

Our Culinary team is waiting for your feedback!  
Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)