



Herbed Chicken & Fries

with Pear Salad & Garlic Sauce

MEDITERRANEAN

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Pear



Carrot



Garlic & Herb Seasoning



Chicken Thigh



Salad Leaves



Parsley



Garlic Sauce



Chicken Breast

Prep in: 35-45 mins
Ready in: 40-50 mins

Carb Smart

Eat Me Early

You can't go wrong with herby chicken, golden fries or creamy garlic sauce. This meal is a greatest hits of our fave flavours, with juicy chicken tenders leading the way.

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

Pantry items

Olive Oil, Honey, 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
olive oil*	refer to method	refer to method
potato	2	4
pear	1	2
carrot	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
honey*	½ tbs	1 tbs
white wine vinegar*	drizzle	drizzle
salad leaves	1 medium bag	1 large bag
parsley	1 bag	1 bag
garlic sauce	1 medium packet	2 medium packets
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1924kJ (460Cal)	366kJ (87Cal)
Protein (g)	37.5g	7.1g
Fat, total (g)	15.5g	2.9g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	39.5g	7.5g
- sugars (g)	17.7g	3.4g
Sodium (mg)	668mg	127mg
Dietary Fibre (g)	9.1g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1854kJ (443Cal)	353kJ (84Cal)
Protein (g)	40.4g	7.7g
Fat, total (g)	12.3g	2.3g
- saturated (g)	2.2g	0.4g
Carbohydrate (g)	39.5g	7.5g
- sugars (g)	17.7g	3.4g
Sodium (mg)	656mg	125mg
Dietary Fibre (g)	9.3g	1.8g

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.

We're here to help!

Scan here if you have any questions or concerns



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**, season with **salt**. Toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your tray is getting crowded, divide the potato fries between two trays!

4



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken thigh**, turning occasionally, until browned and cooked through (when no longer pink inside), **10-14 minutes**.
- In the last minute of cook time, add the **honey** to the pan, turning **chicken** to coat.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).

2



Get prepped

- Meanwhile, thinly slice **pear**.
- Grate **carrot** (see ingredients).

5



Make the salad

- Meanwhile, combine a drizzle of **olive oil** and **white wine vinegar** in a second large bowl.
- Season, then add **pear**, **carrot**, and **salad leaves**. Toss to coat.

3



Prep the chicken

- In large bowl, combine **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **pepper**.
- Add **chicken thigh**, tossing to coat.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Combine chicken with seasoning as above.

6



Serve up

- Slice chicken.
- Roughly chop parsley.
- Divide herbed chicken, fries and cucumber salad between plates.
- Garnish with **parsley**. Serve with **garlic sauce**. Enjoy!

Rate your recipe

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