



Nan's Seared Chicken

with Rainbow Fries, Pear Salad & Chive Mustard Mayo

Grab your Meal Kit with this symbol



Carrot



Zucchini



Beetroot



Chicken Thigh



Nan's Special Seasoning



Chives



Mustard Mayo



Pear



Rocket Leaves



Shaved Parmesan Cheese



Flaked Almonds

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

Eat me early

Carb smart

Naturally gluten-free
Not suitable for Coeliacs

Enjoy this bright and tasty dinner that gets a boost of flavour with our Nan's special seasoning! Serve up a side of veggie fries and pear salad for a low carb, but perfectly satisfying meal.

Pantry items

Olive Oil, Balsamic 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
carrot	1	2
zucchini	1	2
beetroot	1	2
chicken thigh	1 small packet	1 large packet
Nan's special seasoning	1 sachet	2 sachets
chives	1 bag	1 bag
mustard mayo	1 medium packet	1 large packet
pear	½	1
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 bag (30g)	1 bag (60g)
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2347kJ (560Cal)	405kJ (96Cal)
Protein (g)	43.4g	7.5g
Fat, total (g)	31g	5.3g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	24.7g	4.3g
- sugars (g)	21.5g	3.7g
Sodium (mg)	836mg	144mg
Dietary Fibre (g)	11.4g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot, zucchini** and **beetroot** into thin fries. Place on a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and bake until tender, **20-25 minutes**.



Get prepped

In a medium bowl, combine the **chicken thigh**, **Nan's special seasoning** and a drizzle of **olive oil**.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken thigh**, turning occasionally, until browned and cooked through, **10-14 minutes**. Transfer to a plate to rest.

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



Make the sauce

While the chicken is cooking, finely chop the **chives**. In a small bowl, combine the **mustard mayo** and **chives**.



Make the salad

Thinly slice the **pear** (see ingredients). In a large bowl, combine a drizzle of **balsamic vinegar** and **olive oil**, then season. Add the **pear, rocket leaves** and **shaved Parmesan cheese** to the **dressing** and toss to coat.



Serve up

Slice the chicken. Divide the seared Nan's chicken, rainbow fries and pear salad between plates. Spoon over any resting juices. Sprinkle over the **flaked almonds** and serve with the chive mustard mayo.

Enjoy!