



Herbed Chicken & Lemon Pepper Fries

with Tzatziki & Salad

Grab your Meal Kit
with this symbol



Potato



Lemon Pepper
Spice Blend



Garlic



Pear



Cos Lettuce



Carrot



Lemon



Chicken Tenderloins



Garlic &
Herb Seasoning



Parsley



Tzatziki



Hands-on: **35-45 mins**
Ready in: **40-50 mins**



Naturally gluten-free
Not suitable for Coeliacs



Eat me early



Calorie Smart

You can't go wrong with herby chicken, or golden fries or creamy tzatziki... Know where we're going with this? That's right, this meal is a greatest hits of our favourite flavours, with juicy chicken tenders leading the way.

Pantry items

Olive Oil

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	2	4
lemon pepper spice blend	1 sachet	2 sachets
garlic	2 cloves	4 cloves
pear	1	2
cos lettuce	½ head	1 head
carrot	½	1
lemon	½	1
chicken tenderloins	1 packet	1 packet
garlic & herb seasoning	1 sachet	2 sachets
parsley	1 bag	1 bag
tzatziki	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2041kJ (488Cal)	351kJ (84Cal)
Protein (g)	46.6g	8g
Fat, total (g)	11.4g	2g
- saturated (g)	2g	0.3g
Carbohydrate (g)	44.9g	7.7g
- sugars (g)	15.8g	7.7g
Sodium (mg)	788mg	136mg

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 the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Place the **potato** and **lemon pepper spice blend** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Divide the fries between two trays if your tray is getting crowded.

2



Get prepped

Finely chop the **garlic**. Thinly slice the **pear**. Roughly shred the **cos lettuce**. Grate the **carrot**. Zest the **lemon** to get a good pinch, then slice into wedges.

3



Prep the chicken

In large bowl, combine the **chicken tenderloins**, **garlic & herb seasoning**, the **lemon zest**, a drizzle of **olive oil** and a pinch of **pepper**.

4



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken**, in batches, until browned and cooked through, **3-4 minutes** each side.

TIP: The chicken will char a little in the pan, this adds to the flavour!

5



Make the salad

While the chicken is cooking, combine a squeeze of **lemon juice** and a small drizzle of **olive oil** in a large bowl. Season to taste. Add the **pear**, **carrot**, and **cos lettuce** to the bowl with the dressing and toss to coat.

6



Serve up

Roughly chop the **parsley**. Add a good squeeze of lemon juice to the fries and toss to coat. Divide the fries, chicken and salad between plates. Serve with the **tzatziki** and any remaining lemon wedges. Garnish with the parsley.

Enjoy!