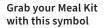


Herbed Chicken & Lemon Pepper Fries

with Tzatziki & Salad









Potato









Cos Lettuce





Lemon



Chicken Tenderloins



Herb Seasoning





Tzatziki

Pantry items

Olive Oil

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

Eat me early



Naturally gluten-free Not suitable for Coeliacs



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.

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 \cdot Large frying pan

Ingredients

3			
	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	1/2	1	
lemon	1/2	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.



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.



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.



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**.



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!



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.



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!