

Herbed Chicken & Lemon Pepper Fries

with Pear Salad & Tzatziki

Grab your Meal Kit with this symbol



Potato



Lemon Pepper Seasoning



Pear



Carrot



Garlic & Herb Seasoning



Salad Leaves



Chicken Tenderloins




Tzatziki


 **Recipe Update**

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

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

 Eat Me Early **Dietitian Approved**

 **Naturally Gluten-Free**
Not suitable for coeliacs

 **Carb 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, White Wine 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
potato	2	4
lemon pepper seasoning	½ medium sachet	1 medium sachet
pear	1	2
carrot	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken tenderloins	1 small packet	1 large packet
white wine vinegar*	drizzle	drizzle
salad leaves	1 medium bag	1 large bag
tzatziki	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1858kJ (444Cal)	355kJ (84Cal)
Protein (g)	43.6g	8.3g
Fat, total (g)	10.8g	2.1g
- saturated (g)	1.9g	0.4g
Carbohydrate (g)	39.4g	7.5g
- sugars (g)	13.8g	2.6g
Sodium (mg)	750mg	143mg
Dietary Fibre (g)	7.9g	1.5g

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 oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **lemon pepper seasoning** (see ingredients) and season with **salt**. Toss to coat.
- Bake until tender, **20-25 minutes**.

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

2



Get prepped

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

3



Prep the chicken

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

4



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken** until browned and cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).

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

TIP: Chicken is cooked through when it's no longer pink inside.

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.

6



Serve up

- Divide herbed chicken, lemon pepper fries and pear salad between plates.
- Serve with **tzatziki**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW29

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