



Herbed Chicken & Lemon Pepper Fries

with Pear Salad & Garlic Sauce

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Lemon Pepper Seasoning



Pear



Carrot



Garlic & Herb Seasoning



Baby Spinach Leaves



Parsley



Chicken Thigh



Garlic Sauce

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

Carb Smart

Eat Me Early

You can't go wrong with herby chicken, or golden fries or creamy garlic sauce... know where we're going with this? That's right, this meal is a greatest hits of our favourite flavours, with juicy chicken thighs being Carb Smart and leading the way.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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	1 medium sachet	2 medium sachets
pear	1	2
carrot	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
baby spinach leaves	1 medium bag	1 large bag
parsley	1 bag	1 bag
garlic sauce	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1922kJ (459Cal)	368kJ (88Cal)
Protein (g)	37.6g	7.2g
Fat, total (g)	16.7g	3.2g
- saturated (g)	3.6g	0.7g
Carbohydrate (g)	36.5g	7g
- sugars (g)	14.4g	2.8g
Sodium (mg)	784mg	150mg
Dietary Fibre (g)	8.2g	1.6g

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

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



Get prepped

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



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.



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 it's no longer pink inside), **10-14 minutes**.

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



Make the salad

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



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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