



American Chicken & Cheesy Sweet Potato

with Sour Cream

Grab your Meal Kit
with this symbol



Chicken Thigh



All-American
Spice Blend



Sour Cream



Sweet Potato



Shredded Cheddar
Cheese



Tomato



Cos Lettuce



Coriander



Sweetcorn



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



Naturally gluten-free
Not suitable for Coeliacs



Eat me early

These cheesy sweet potato fries are going to make you weak at the knees! Serve them up with thick and juicy slices of American spiced chicken, fresh tomato and charred corn salad for a lip-smackingly good family dinner.

Pantry items

Olive Oil, Vinegar (White Wine
or Red Wine)

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

Two oven trays lined with baking paper
Large frying pan

Ingredients

	4 People
olive oil*	refer to method
chicken thigh	1 packet
All-American spice blend	2 sachets
sour cream	1 packet (200g)
sweet potato	4
shredded Cheddar cheese	1 packet (100g)
tomato	2
cos lettuce	1 head
coriander	1 bag
sweetcorn	1 tin (300g)
vinegar* (white wine or red wine)	2 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2680kJ (640Cal)	405kJ (97Cal)
Protein (g)	47.9g	7.2g
Fat, total (g)	28.2g	4.3g
- saturated (g)	14.2g	2.2g
Carbohydrate (g)	44.4g	6.7g
- sugars (g)	23.2g	3.5g
Sodium (g)	844mg	128mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Flavour the chicken

Preheat the oven to **240°C/220°C fan-forced**. In a medium bowl, combine the **chicken thigh**, **All-American spice blend**, **2 tbs of sour cream**, a **drizzle of olive oil** and a **pinch of salt**.



2. Bake the fries

Cut the **sweet potato** (unpeeled) into 1cm fries. Spread the **sweet potato** over two oven trays lined with baking paper. **Drizzle** with **olive oil**, add a **pinch** of **salt** and toss to coat. Bake until the fries are tender, **20-25 minutes**. Sprinkle with the **shredded Cheddar cheese** and bake until melted, **5 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.



3. Prep the veggies

While the sweet potato fries are baking, roughly chop the **tomato**. Shred the **cos lettuce**. Roughly chop the **coriander**. Drain the **sweetcorn**. Heat a large frying pan over a high heat. When the pan is hot, add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



4. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the **oil** is hot, add the **chicken** and cook, turning occasionally, until browned and cooked through, **12-15 minutes**.

TIP: Don't worry if the spice blend chars in the pan, this just adds more flavour!



5. Make the salad

In a medium bowl, combine the **tomato**, **lettuce**, **charred corn**, **vinegar**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Toss well to combine.



6. Serve up

Thickly slice the chicken then season with a pinch of salt. Divide the chicken and cheesy sweet potato fries between plates. Spoon over any juices from the pan onto the chicken. Top with the charred corn salsa and a dollop of the remaining sour cream. Sprinkle the adults' portions with the coriander.

Enjoy!