

Easy Chicken & Rainbow Fries

with Almond, Pear & Parmesan Salad

Grab your Meal Kit with this symbol



Carrot



Beetroot



Nan's Special Seasoning



Pear



Rocket Leaves



Flaked Almonds



Chicken Thigh




Grated Parmesan Cheese



Mustard Mayo

Prep in: **15-25** mins
Ready in: **35-45** mins

 Carb Smart

 Naturally Gluten-Free
Not suitable for coeliacs

 Eat Me Early

In this bright and tasty (*and carb conscious!*) dinner, succulent chicken thigh gets an extra boost of flavour from our Nan's special seasoning. Serve with veggie fries and a slightly sweet and peppery salad, plus a dollop of mandatory mustard mayo for dipping.

Pantry items

Olive Oil, Balsamic 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
carrot	2	4
beetroot	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
pear	½	1
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
flaked almonds	1 medium packet	1 large packet
mustard mayo	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2106kJ (503Cal)	399kJ (95Cal)
Protein (g)	44.1g	8.4g
Fat, total (g)	22.7g	4.3g
- saturated (g)	5.6g	1.1g
Carbohydrate (g)	29.9g	5.7g
- sugars (g)	25.9g	4.9g
Sodium (mg)	1029mg	195mg
Dietary Fibre (g)	13g	2.5g

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 **carrot** and **beetroot** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between the fries two trays.

3



Make the salad

- While the chicken is cooking, thinly slice **pear** (see ingredients).
- In a large bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add **rocket leaves**, **pear** and **grated Parmesan cheese**. Toss to coat.
- Sprinkle with **flaked almonds**.

2



Cook the chicken

- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **chicken thigh** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**. Transfer to a plate to rest.

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

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

4



Serve up

- Slice Nan's seared chicken.
- Divide chicken, rainbow fries and almond, pear and Parmesan salad between plates. Spoon any resting juices over chicken.
- Serve with **mustard mayo**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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