

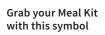
William Walter Walter Commission of the Commissi

Spiced Chicken & Red Wine Onion Sauce

with Cheesy Fries & Celery Slaw

NEW

KID FRIENDLY







Potato







Celery





Carrot





All-American



Garlic Aioli

Spice Blend



Shredded Cabbage







Recipe Update We've replaced the pea pods in this recipe with carrot due to local ingredient availability. It'll be just as delicious, just follow your recipe

card!

Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me Early



A fantastic sauce can transform any dinner from rags to riches. This All-American chicken is getting a fairytale makeover with a decadent red wine and caramelised onion sauce. The transformation is complete, now dig in and enjoy the magic! **Pantry items**

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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 |
| shredded Cheddar cheese | 1 medium packet | 1 large packet |
| celery | 1 stalk | 2 stalks |
| onion | 1/2 | 1 |
| carrot | 1 | 2 |
| chicken breast | 1 medium packet | 2 medium packets OR 1 large packet |
| All-American spice blend | 1 medium sachet | 1 large sachet |
| balsamic vinegar* | 2 tsp | 1 tbs |
| brown sugar* | ½ tsp | 1 tsp |
| red wine jus | 1 medium packet | 1 large packet |
| shredded cabbage mix | 1 medium packet | 1 large packet |
| garlic aioli | 1 medium packet | 1 large packet |
| white wine vinegar* | drizzle | drizzle |
| chicken breast** | 1 medium packet | 2 medium packets OR 1 large packet |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Per Serving | Per 100g |
|-----------------|---|
| 2462kJ (588Cal) | 347kJ (83Cal) |
| 44.9g | 6.3g |
| 20.1g | 2.8g |
| 2.7g | 0.4g |
| 56.8g | 8g |
| 26.5g | 3.7g |
| 1120mg | 158mg |
| | 2462kJ (588Cal) 44.9g 20.1g 2.7g 56.8g 26.5g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------------|----------------------|
| Energy (kJ) | 3158kJ (755Cal) | 363kJ (87Cal) |
| Protein (g) | 80g | 9.2g |
| Fat, total (g) | 23.1g | 2.7g |
| - saturated (g) | 3.6g | 0.4g |
| Carbohydrate (g) | 57.7g | 6.6g |
| - sugars (g) | 26.6g | 3.1g |
| Sodium (mg) | 1241mg | 143mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW10



Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
 Cut potato into fries.
- Place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until just tender, 20-25 minutes.
- In the last 5 minutes of cook time, remove from oven, sprinkle with shredded Cheddar cheese and bake until golden and crispy.



Get prepped

- Meanwhile, thinly slice celery and onion (see ingredients). Grate carrot.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine, All-American spice blend, chicken and a drizzle of olive oil.

Custom Recipe: If you've doubled your chicken breast, flavour in a large bowl.



Make the red wine onion sauce

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook onion, stirring, until softened, 5-6 minutes.
- Reduce heat to medium. Add the balsamic vinegar, brown sugar and a splash of water and mix well. Cook until dark and sticky,
 3-5 minutes.
- Add red wine jus to the pan and simmer for 1-2 minutes, until slightly reduced. Season to taste with salt and pepper.
- Transfer caramelised onion sauce to a bowl.
 Cover to keep warm.



Cook the chicken

 Wipe out frying pan and return to medium-high heat with a drizzle of olive oil. Cook chicken until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).

Custom Recipe: Cook in batches for best results.



Toss the slaw

 Meanwhile, combine shredded cabbage mix, celery, carrot, garlic aioli and a drizzle of white wine vinegar and olive oil in a medium bowl.
 Season to taste



Serve up

- Divide spiced chicken, cheesy fries and celery slaw between plates.
- Pour red wine onion sauce over chicken to serve. Enjoy!



Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate