



Spiced Chicken & Red Wine Onion Sauce

with Cheesy Fries & Celery Slaw

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Shredded Cheddar Cheese



Celery



Onion



Carrot



Chicken Breast



All-American Spice Blend



Red Wine Jus



Shredded Cabbage Mix



Garlic Aioli



Chicken Breast

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



Calorie Smart*
**Custom Recipe is not Calorie Smart*



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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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	½	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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2462kJ (588Cal)	347kJ (83Cal)
Protein (g)	44.9g	6.3g
Fat, total (g)	20.1g	2.8g
- saturated (g)	2.7g	0.4g
Carbohydrate (g)	56.8g	8g
- sugars (g)	26.5g	3.7g
Sodium (mg)	1120mg	158mg

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



1



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.

4



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.

2



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.

5



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.

3



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.

6



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

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