

# Mexican Chicken & Veggie Fries

with Charred Corn Super Slaw

NEW

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

13



Potato



Carrot



Parsnip



Sweetcorn



Chicken Breast



Tex-Mex Spice Blend



Super Slaw



Baby Leaves



Garlic Aioli





Chicken Breast



Diced Bacon

Prep in: 20-30 mins  
Ready in: 30-40 mins

 Carb Smart

 Eat Me Early

 Protein Rich

Fresh, colourful and bursting with flavour, our Tex-Mex chicken recipe is about to become a weeknight favourite. Served alongside perfectly roasted veggie fries and a fresh crunchy slaw with pops of charred sweetcorn, this twist on chicken and veg is a winner!

## Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Air Fryer or oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
carrot	1	2
parsnip	1	2
sweetcorn	1 medium tin	1 large tin
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
super slaw	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2217kJ (530cal)	195kJ (47cal)
Protein (g)	45.2g	4g
Fat, total (g)	21.5g	1.9g
- saturated (g)	2.8g	0.2g
Carbohydrate (g)	39.8g	3.5g
- sugars (g)	21.5g	1.9g
Sodium (mg)	869mg	76.6mg
Dietary Fibre (g)	11g	1g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the fries

- Cut **potato, carrot and parsnip** into fries.
- Set your air fryer to **200°C**.
- Place **fries** into the air fryer basket, drizzle with **olive oil**, season with **salt** and toss to coat. Cook for **10 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.

**TIP:** No air fryer? Preheat oven to 240°C/220°C fan-forced. Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.



## Cook the chicken

- Return frying pan to medium heat with a drizzle of **olive oil**.
- Cook **chicken**, turning occasionally, until browned and cooked through, **3-4 minutes**.

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



## Char the corn

- Meanwhile, drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

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



## Make the slaw

- To the bowl of **charred corn**, add **super slaw, baby leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.



## Prep the chicken

- While the **corn** is charring, cut **chicken breast** into 2cm strips.
- In a medium bowl, combine **Tex-Mex spice blend** and a generous drizzle of **olive oil**. Season with **salt** and **pepper**, then add **chicken breast** strips and toss to coat.



## Serve up

- Divide veggie fries, corn slaw and Mexican chicken between plates.
- Serve with **garlic aioli**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### ADD DICED BACON

Before cooking chicken. Cook, breaking up with a spoon, 4-6 minutes. Transfer to bowl with corn.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

