

Easy Spiced Chicken & Baked Veggie Fries

with Slaw & Truffle Mayonnaise

Grab your meal kit with this number

11



Potato



White Turnip



Chicken Thigh



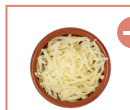
Aussie Spice Blend



Slaw Mix



Italian Truffle Mayonnaise



Shredded Cheddar Cheese



Diced Bacon

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

Carb Smart

Protein Rich

Eat Me Early

Dipping these potato and turnip fries in a creamy mayo is just the thing to make this dish sing. Complementing the spiced chicken with a fresh slaw, tonight's dinner is sure to win over many stomachs.

Pantry items

Olive Oil, Honey, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
white turnip	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
slaw mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
Italian truffle mayonnaise	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1723kJ (412cal)	229kJ (55cal)
Protein (g)	32.4g	4.3g
Fat, total (g)	25.5g	3.4g
- saturated (g)	5g	0.7g
Carbohydrate (g)	25g	3.3g
- sugars (g)	13.7g	1.8g
Sodium (mg)	855mg	113.5mg
Dietary Fibre (g)	3g	0.4g

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.



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **turnip** into fries.
- Place **veggie fries** on a lined oven tray. Season with **salt**, drizzle with **olive oil** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.



Toss the slaw

- In a second medium bowl, combine **slaw mix** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Cook the chicken

- When the fries have **15 minutes** remaining, combine **chicken thigh**, **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray, drizzle over the **honey** and roast until cooked through, **10-12 minutes**.

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



Serve up

- Slice spiced chicken.
- Divide chicken, baked veggie fries and slaw between plates.
- Serve with **Italian truffle mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



CUSTOM OPTIONS



ADD CHEDDAR CHEESE

Sprinkle over veggie fries in last 5 minutes of cook time.



ADD DICED BACON

Sprinkle over veggie fries in last 5 minutes of cook time.

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

