



# BBQ Chicken Bites & Loaded Fries

with Chunky Salsa, Cheddar Cheese & Garlic Sauce

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY

Grab your meal kit with this number

22



Potato



Tomato



Radish



Baby Leaves



Parsley



Chicken Breast



Aussie Spice Blend



BBQ Sauce



Shredded Cheddar Cheese



Garlic Dip



Shredded Cheddar Cheese



Diced Bacon

Prep in: 15-25 mins  
Ready in: 30-40 mins

Protein Rich

Eat Me Early

We think we've done the impossible - taken a glorious plate of golden fries and made them even better. Pile them high with sweet and savoury barbecue chicken, a fresh tomato salsa, and lots and lots of Cheddar cheese. Who could possibly resist?

### 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	3	6
tomato	1	2
radish	2	4
baby leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
Aussie spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 medium packet	2 medium packets
shredded Cheddar cheese	1 medium packet	1 large packet
garlic dip	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3002kJ (718cal)	360kJ (86cal)
Protein (g)	46.7g	5.6g
Fat, total (g)	31.4g	3.8g
- saturated (g)	7.4g	0.9g
Carbohydrate (g)	63.4g	7.6g
- sugars (g)	35.3g	4.2g
Sodium (mg)	1099mg	131.6mg
Dietary Fibre (g)	7.1g	0.9g

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.

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## Bake the fries

- Cut **potato** 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**. Divide between serving plates.

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

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## Cook the chicken

- When the fries have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Remove from heat and add **BBQ sauce**, tossing to coat.

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

2



## Get prepped

- Meanwhile, roughly chop **tomato, radish, baby leaves** and **parsley**.
- Cut **chicken breast** into 2cm chunks.
- In a large bowl, combine **tomato, radish, baby leaves, parsley** and a drizzle of **white wine vinegar** and **olive oil**. Set aside.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken**, then toss to coat. Season.

**Little cooks:** Take the lead by tossing the salsa!

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## Serve up

- Divide fries between plates.
- Top fries with BBQ chicken bites, salsa, **shredded Cheddar cheese** and **garlic dip** to serve. Enjoy!

**Little cooks:** Take the lead and help load up the fries!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



### CUSTOM OPTIONS

**+** **DOUBLE CHEDDAR CHEESE**  
Follow method above.

**+** **ADD DICED BACON**  
Cook with chicken, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

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

