

# Easy Cheesy Spiced Chicken & Potato Wedges

with Pear Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Potato



Pear



Cucumber



Mixed Salad Leaves



Aussie Spice Blend



Chicken Breast Strips



Shredded Cheddar Cheese



Dill & Parsley Mayonnaise

 Hands-on: **15-25 mins**  
Ready in: **30-40 mins**

 Calorie Smart

 Eat Me Early

Simple, indulgent flavours are the highlight of this modern dish. With mouth-watering chicken strips coated in our popular Aussie spice blend and gooey Cheddar cheese, plus with roasted wedges giving a filling finish, we think you'll be licking the plate clean.

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan with a lid (or foil)

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
pear	1	2
cucumber	1 (medium)	1 (large)
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
Aussie spice blend	1 sachet	1 sachet
chicken breast strips	1 packet	1 packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2634kJ (630Cal)	475kJ (114Cal)
Protein (g)	41.6g	7.5g
Fat, total (g)	34.2g	6.2g
- saturated (g)	9.5g	1.7g
Carbohydrate (g)	36.9g	6.6g
- sugars (g)	9.9g	1.8g
Sodium (mg)	928mg	167mg

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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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1



## Roast the wedges

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

3



## Cook the chicken

- In a second medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken breast strips** and toss to coat.
- When wedges have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook **chicken strips** until browned and cooked through, **3-4 minutes** each side.
- Reduce heat to low, then sprinkle **shredded Cheddar cheese** over **chicken**. Cover with a lid (or foil) and cook until cheese has melted, **2-3 minutes**.

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

2



## Prep the salad

- Meanwhile, thinly slice **pear** into wedges. Thinly slice **cucumber**.
- In a medium bowl, add **pear**, **cucumber**, **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Set aside.

4



## Serve up

- Toss salad to combine. Season to taste.
- Divide cheesy spiced chicken and wedges between plates.
- Serve with pear salad and **dill & parsley mayonnaise**.

## Enjoy!