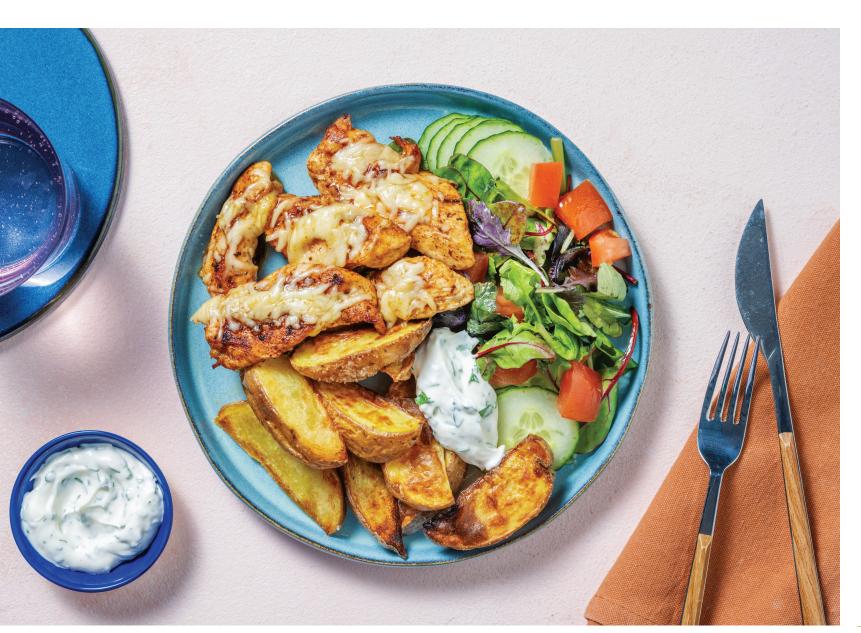


Cheesy Spiced Chicken & Potato Wedges with Garden Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol













Cucumber



Leaves







Aussie Spice Blend





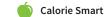
Chicken Breast

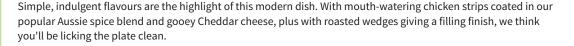
Dill & Parsley

Shredded Cheddar Cheese

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

Eat Me Early







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
tomato	1	2
cucumber	1 (medium)	1 (large)
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
shredded	1 packet	1 packet
Cheddar cheese	(50g)	(100g)
dill & parsley	1 packet	1 packet
mayonnaise	(40g)	(80g)

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2436kJ (582Cal)	443kJ (105Cal)
Protein (g)	44.6g	8.1g
Fat, total (g)	28.6g	5.2g
- saturated (g)	8.5g	1.5g
Carbohydrate (g)	36.5g	6.6g
- sugars (g)	14.2g	2.6g
Sodium (mg)	906mg	165mg

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 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. Spread out evenly, then bake until tender, 20-25 minutes.



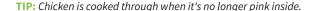
Make the salad

- While the wedges are baking, roughly chop tomato. Thinly slice cucumber.
- In a medium bowl, add tomato, cucumber, mixed salad leaves and a drizzle of white wine vinegar and olive oil. Set aside.



Cook the chicken

- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a second medium bowl, combine Aussie spice blend and a drizzle of olive oil. Add chicken and toss to coat.
- Heat a large frying pan over medium-high heat with a drizzle of olive oil.
 Cook chicken 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**.





Serve up

- · Toss salad to combine. Season to taste.
- Divide cheesy spiced chicken, garden salad and wedges between plates.
- Dollop over dill & parsley mayonnaise to serve. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.nz/rate

Scan here if you have any questions or concerns