

# Cheesy Spiced Chicken & Potato Wedges

with Garden Salad & Dill-Parsley Mayo

Grab your Meal Kit  
with this symbol



Potato



Tomato



Cucumber



Mixed Salad  
Leaves



Aussie Spice  
Blend



Dill & Parsley  
Mayonnaise



Chicken Breast



Shredded Cheddar  
Cheese

Prep in: **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
<b>olive oil*</b>	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
<b>white wine vinegar*</b>	drizzle	drizzle
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
dill & parsley mayonnaise	1 packet (40g)	1 packet (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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## 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**.



## 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**.

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



## 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.



## 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!

## Rate your recipe

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