



Cheesy Tex-Mex Chicken & Potato Chips

with Sour Cream

Grab your Meal Kit with this symbol



Chicken Thigh



Tex-Mex Spice Blend



Potato



Shredded Cheddar Cheese



Tomato



Cos Lettuce



Coriander



Sweetcorn



Sour Cream

Hands-on: **20 mins**
Ready in: **35 mins**

Eat me early

Add flavour to every part of your meal with some mild spices, cooling cream and a sprinkling of cheese, pan-seared chicken thigh is transformed into a fiesta of flavour, with a crunchy corn salad on the side to add a fresh touch.

Pantry items

Olive Oil, Vinegar (White Wine or Red Wine)

Before you start

Our fruit and veggies need a little wash first!

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
chicken thigh	1 packet
Tex-Mex spice blend	2 sachets
potato	4
shredded Cheddar cheese	1 packet (100g)
tomato	2
cos lettuce	1 head
coriander	1 bunch
sweetcorn	1 tin
vinegar* (white wine or red wine)	2 tsp
sour cream	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2530kJ (604Cal)	383kJ (92Cal)
Protein (g)	46.4g	7.0g
Fat, total (g)	24.5g	3.7g
- saturated (g)	11.9g	1.8g
Carbohydrate (g)	44.8g	6.8g
- sugars (g)	10.9g	1.7g
Sodium (g)	914mg	138mg

Allergens

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)



1. Flavour the chicken

Preheat the oven to **240°C/220°C fan-forced**. In a medium bowl, combine the **chicken thigh**, **Tex-Mex spice blend**, a **drizzle of olive oil** and a **pinch of salt**.



2. Bake the cheesy fries

Cut the **potato** (unpeeled) into 1cm fries. Spread the **potato** over two oven trays lined with baking paper. **Drizzle** with **olive oil**, add a **pinch of salt** and toss to coat. Bake until the fries are tender, **20-25 minutes**. Sprinkle with the **shredded Cheddar cheese** and bake until melted, **5 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



3. Char the corn

While the fries are baking, roughly chop the **tomato**. Shred the **cos lettuce**. Roughly chop the **coriander**. Drain the **sweetcorn**. Heat a large frying pan over a high heat. When the pan is hot, add the **sweetcorn** and cook until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.



4. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **chicken** and cook, turning occasionally, until browned and cooked through, **12-15 minutes**.

TIP: Don't worry if the spice blend chars in the pan, this just adds more flavour!



5. Make the salad

While the chicken is cooking, add the **tomato** and **lettuce** to the large bowl with the charred **corn**. Add the **vinegar**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Toss well to combine.



6. Serve up

Thickly slice the chicken. Divide the Mexican chicken and cheesy fries between plates. Spoon any juices from the pan over the chicken. Top with the charred corn salad. Serve with the **sour cream** and garnish the adults' portions with coriander.

Enjoy!