



Cheesy-Topped Chicken

with Fries & Creamy Slaw

Grab your Meal Kit with this symbol



Potato



Cucumber



Aussie Spice Blend



Chicken Thigh



Shredded Cheddar Cheese



Slaw Mix



Mayonnaise



Diced Bacon

Keep an eye out...

Due to recent sourcing challenges, we've replaced baby spinach with cucumber, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 35-45 mins

Eat Me Early

Calorie Smart*

Pair juicy chicken thighs with our homely Aussie spice blend and you've got a match made in heaven. With a topping of gooey Cheddar cheese and oven-baked fries wanting to join in on the fun, we just couldn't say no. More is more in our books, and you'll love us for it!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

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	3	6
cucumber	1 (medium)	1 (large)
Aussie spice blend	1 sachet	1 sachet
chicken thigh	1 packet	1 packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 packet (80g)	2 packets (160g)
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2714kJ (649Cal)	515kJ (123Cal)
Protein (g)	45.3g	8.6g
Fat, total (g)	38.2g	7.2g
- saturated (g)	10.5g	2g
Carbohydrate (g)	34.8g	6.6g
- sugars (g)	5.3g	1g
Sodium (mg)	1159mg	220mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3299kJ (788Cal)	572kJ (136Cal)
Protein (g)	53.2g	9.2g
Fat, total (g)	50.3g	8.7g
- saturated (g)	14.9g	2.6g
Carbohydrate (g)	34.9g	6g
- sugars (g)	5.3g	0.9g
Sodium (mg)	1558mg	270mg

The quantities provided above are averages only.

*Custom recipe is not Calorie Smart.

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 fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries, then place 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**.



Get prepped

While the fries are baking, roughly chop the **cucumber**. In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Season with **salt**, then add the **chicken thigh** and turn to coat. Set aside.



Cook the chicken

When the fries have **10 minutes** cook time remaining, heat a large frying pan drizzle over a medium-high heat with **olive oil**. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**.

TIP: The spice blend will char in the pan – this adds to the flavour!

CUSTOM RECIPE

If you've added diced bacon to your meal, before cooking the chicken, heat the pan as above. Cook the bacon, breaking up with a spoon, until golden, 4-5 minutes. Transfer to a bowl.



Add the cheese

In the last **3 minutes** of cook time, top the chicken with the **shredded Cheddar cheese**. Cover with a lid or foil until the cheese has melted, **2-3 minutes**.

CUSTOM RECIPE

Top the chicken with the diced bacon along with the cheese.



Make the salad

While the chicken is cooking, combine the **slaw mix**, **cucumber**, 1/2 the **mayonnaise** and a drizzle of **olive oil** in a large bowl. Toss to coat and season to taste.



Serve up

Divide the cheesy-topped chicken between plates. Serve with the fries and creamy slaw. Serve with the remaining mayo.

Enjoy!