



Easy Mayo-Crumbed Chicken & Smokey Aioli

with Spiced Pumpkin & Apple Slaw

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Louisiana Spice Blend



Chicken Breast



Mayonnaise



Panko Breadcrumbs



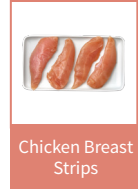
Apple



Slaw Mix



Smokey Aioli



Chicken Breast Strips

Prep in: 10-20 mins
Ready in: 25-35 mins

Calorie Smart

Eat Me Early

Mayo in a crumb is like a bond between star-crossed lovers - unbeatable. It helps to keep those golden and crunchy breadcrumbs on the chicken so you get all the flavours in one bite. The only thing that could come close to beating them is a smokey aioli for dipping.

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

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
Louisiana spice blend	1 sachet	2 sachets
chicken breast	1 small packet	2 small packets OR 1 large packet
mayonnaise	1 medium packet	1 large packet
panko breadcrumbs	1 medium packet	1 large packet
apple	1	2
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet
chicken breast strips**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2578kJ (616Cal)	460kJ (110Cal)
Protein (g)	41.6g	7.4g
Fat, total (g)	29.5g	5.3g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	51g	9.1g
- sugars (g)	19.5g	3.5g
Sodium (mg)	1386mg	248mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2580kJ (617Cal)	461kJ (110Cal)
Protein (g)	40.9g	7.3g
Fat, total (g)	29.6g	5.3g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	50.2g	9g
- sugars (g)	19.5g	3.5g
Sodium (mg)	1370mg	245mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW37



1



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**. Place **peeled pumpkin pieces** on a lined oven tray.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Drizzle with **olive oil**, sprinkle with **Louisiana spice blend** and season with **salt**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

Little cooks: Kids can help with sprinkling over the spices and tossing the pumpkin.

3



Make the slaw

- Meanwhile, thinly slice **apple**.
- In a second medium bowl, combine **slaw mix**, **apple** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

Little cooks: Take the lead by combining the ingredients for the slaw!

2



Crumb & cook the chicken

- Meanwhile, slice **chicken breast** into 2cm strips. In a medium bowl, combine **chicken** and **mayonnaise**. Season with **salt** and **pepper**.
- In a shallow bowl, add **panko breadcrumbs** and season. Coat handfuls of **chicken** in the seasoned panko. Transfer to a plate.
- Heat a large frying pan over medium-high heat with enough **olive oil** to cover base. When oil is hot, cook **chicken** until browned and cooked through, **3-4 minutes** each side. Transfer to a paper towel-lined plate.

Little cooks: Kids can help crumb the chicken! Use one hand for wet ingredients and the other for dry ingredients so you don't end up with sticky fingers.

Custom Recipe: If you've swapped to chicken breast strips, no need to slice the chicken! Crumb and cook chicken in the same way as above.

4



Serve up

- Divide spiced pumpkin and mayo-crumbed chicken between plates.
- Serve with apple slaw and **smokey aioli**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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