



Golden Crumbed Chicken & Gravy

with Cheesy Potato Wedges & Creamy Avocado Slaw

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Shredded Cheddar Cheese



Sweetcorn



Avocado



Chicken Breast



Panko Breadcrumbs



Aussie Spice Blend



Shredded Cabbage Mix



Mayonnaise



Gravy Granules

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

A chicken schnitzel is a crowd pleaser, if you want to add a classic feel to the evening, drizzle over a rich gravy. It even goes well with the easy cheesy wedges. Everything golden needs a bit of gravy.

Pantry items

Olive Oil, Plain Flour, Egg, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
sweetcorn	1 tin	1 tin
avocado	1	1
chicken breast	1 small packet	2 small packets OR 1 large packet
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
gravy granules	1 medium sachet	2 medium sachets
boiling water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3660kJ (875Cal)	566kJ (135Cal)
Protein (g)	54.1g	8.4g
Fat, total (g)	39.6g	6.1g
- saturated (g)	10.4g	1.6g
Carbohydrate (g)	73g	11.3g
- sugars (g)	17.7g	2.7g
Sodium (mg)	1392mg	215mg

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.

1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until just tender, **20-25 minutes**.
- In last **5 minutes** of cook time, remove tray from oven, sprinkle with **shredded Cheddar cheese** and bake until golden and crispy.

Little cooks: Add the finishing touch by sprinkling the cheese on top.

4



Cook the chicken

- Meanwhile, boil the kettle.
- Return the pan to medium-high heat with enough **olive oil** to cover the base.
- Cook **crumbed chicken** in batches until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.

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

2



Get prepped

- Meanwhile, drain **sweetcorn**. Slice **avocado** in half, scoop out flesh and thinly slice.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine the **plain flour** and a generous pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **Aussie spice blend**.
- Coat **chicken** first in **flour**, then the **egg** and finally the **breadcrumbs**. Transfer to a plate.

Little cooks: Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers.

5



Bring it all together

- Add **shredded cabbage mix** to the **corn**, along with **avocado**, **mayonnaise** and a drizzle of **white wine vinegar**. Season to taste.
- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.

3



Char the corn

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

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

6



Serve up

- Slice crumbed chicken.
- Divide crumbed chicken, creamy slaw and cheesy potato wedges between plates.
- Serve with the gravy. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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