



# Crumbed Chicken Strips & Garlic Butter Veggies with Mayonnaise

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Carrot



Capsicum



Baby Broccoli



Aussie Spice Blend



Mayonnaise



Panko Breadcrumbs



Chicken Breast Strips

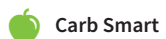


Chicken Thigh

## Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins  
Ready in: 30-40 mins



Carb Smart

1 Eat Me Early

You think you know crumbed chicken? Think again! With a creamy mayo in the mix, it goes from tasty to totally irresistible. Paired with a nutritious assortment of vegetables for extra deliciousness, you'll be talking about this long after you've scooped up the final crumbs.

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

## Pantry items

Olive Oil, Butter



## 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

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
capsicum	1	2
baby broccoli	1 bag	1 bag
Aussie spice blend	1 medium sachet	1 large sachet
mayonnaise	1 large packet	2 large packets
panko breadcrumbs	1 medium packet	1 large packet
chicken breast strips	1 packet	1 packet
butter*	15g	30g
chicken thigh**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2591kJ (619Cal)	539kJ (129Cal)
Protein (g)	41.2g	8.6g
Fat, total (g)	33.2g	6.9g
- saturated (g)	8.9g	1.9g
Carbohydrate (g)	36.5g	7.6g
- sugars (g)	8.5g	1.8g
Sodium (mg)	967mg	201mg
Dietary Fibre (g)	8.3g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2675kJ (639Cal)	557kJ (133Cal)
Protein (g)	37.4g	7.8g
Fat, total (g)	40.6g	8.4g
- saturated (g)	11.2g	2.3g
Carbohydrate (g)	37.3g	7.8g
- sugars (g)	8.5g	1.8g
Sodium (mg)	1002mg	209mg
Dietary Fibre (g)	8.3g	1.7g

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

2023 | CW52



1



## Get prepped

- Finely chop **garlic**. Thinly slice **carrot** into half-moons. Slice **capsicum** into strips. Halve **baby broccoli** lengthways.

**Custom Recipe:** If you've swapped chicken breast strips for chicken thigh, cut chicken thigh into 2cm strips.

4



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot, capsicum** and **baby broccoli**, tossing, until tender, **5-6 minutes**.
- Add the **butter** and **garlic** and cook until fragrant, **1 minute**.
- Transfer to a bowl, season with **salt** and **pepper** and cover to keep warm.

**TIP:** Add a dash of water to the pan to help speed up the veggie cooking process.

2



## Prep the crumbing station

- In a medium bowl, combine **Aussie spice blend** and half the **mayonnaise**.
- In a second medium bowl, add **panko breadcrumbs**.

5



## Cook the chicken

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **chicken strips** until browned and cooked through, **3-4 minutes** each side.

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

**Custom Recipe:** Heat the pan as above. Cook chicken thigh strips in the same way as above.

3



## Crumb the chicken

- Coat handfuls of **chicken breast strips** in the **mayo mixture**, followed by the **panko breadcrumbs**, then 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.

**Custom Recipe:** Crumb chicken strips as above.

6



## Serve up

- Divide crumbed chicken strips and garlic butter veggies between plates.
- Serve with remaining mayonnaise. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)