



Easy Crumbed Chicken & Roast Potato

with Pea Pod Slaw & Smokey Aioli

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Chicken Breast



Louisiana Spice Blend



Panko Breadcrumbs



Pea Pods



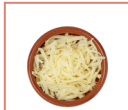
Asian Slaw Mix



Baby Spinach Leaves



Smokey Aioli



Shredded Cheddar Cheese

Prep in: 15-25 mins
Ready in: 25-35 mins

Calorie Smart

Eat Me Early

You simply can't go wrong with crumbed chicken, roasted 'taters and a creamy smokey aioli to tie a meal together; and with only four steps, this easy dinner will be ready in a flash.

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

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	3	6
chicken breast	1 small packet	2 small packets OR 1 large packet
Louisiana spice blend	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pea pods	1 packet	2 packets
Asian slaw mix	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet
shredded Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2582kJ (617Cal)	441kJ (105Cal)
Protein (g)	45.5g	7.8g
Fat, total (g)	16.8g	2.9g
- saturated (g)	2.6g	0.4g
Carbohydrate (g)	67.8g	11.6g
- sugars (g)	12.4g	2.1g
Sodium (mg)	1186mg	203mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2533kJ (605Cal)	433kJ (103Cal)
Protein (g)	47.5g	8.1g
Fat, total (g)	14.5g	2.5g
- saturated (g)	2g	0.3g
Carbohydrate (g)	67.9g	11.6g
- sugars (g)	12.5g	2.1g
Sodium (mg)	1208mg	206mg

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

2024 | CW09



1



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

Little cooks: Kids can help with tossing the potato.

Custom Recipe: If you've added shredded Cheddar cheese, in the last 5 minutes of cook time, remove tray from oven, sprinkle potato with Cheddar cheese. Return to oven and bake until golden and crisp, 5 minutes.

3



Make the slaw

- Meanwhile, trim and thinly slice **pea pods** lengthways.
- In a medium bowl, combine **Asian slaw mix**, **pea pods**, **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

2



Cook the chicken

- Slice **chicken breast** into 2cm strips.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a shallow bowl, combine **Louisiana spice blend**, the **plain flour** and **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **chicken** first in the **flour mixture**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.
- Heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**. When oil is hot, cook **crumbed chicken** until golden, **3-4 minutes** each side.
- Transfer to a paper towel-lined plate.

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

4



Serve up

- Divide roast potatoes and Louisiana crumbed chicken between plates.
- Serve with pea pod slaw and **smokey aioli**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate