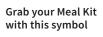


Crumbed Chicken & Garlic Butter Baby Broccoli

with Capsicum & Mayonnaise

KID FRIENDLY



















Baby Broccoli



Aussie Spice



Mayonnaise



Panko Breadcrumbs



Chicken Breast Strips



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

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 an assortment of veggies for extra deliciousness, you'll be talking about this long after you've scooped up the final crumbs.

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

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	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 medium bunch	2 medium bunches
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 medium packet	2 medium packets OR 1 large packet
butter*	15g	30g
grated Parmesan cheese**	1 medium packet	1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2676kJ (640Cal)	677kJ (162Cal)
Protein (g)	40.6g	10.3g
Fat, total (g)	37.9g	9.6g
- saturated (g)	9.6g	2.4g
Carbohydrate (g)	32.8g	8.3g
- sugars (g)	5.7g	1.4g
Sodium (mg)	967mg	245mg
Dietary Fibre (g)	8.3g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2880kJ (688Cal)	705kJ (168Cal)
Protein (g)	44.9g	11g
Fat, total (g)	41.3g	10.1g
- saturated (g)	11.9g	2.9g
Carbohydrate (g)	32.9g	8.1g
- sugars (g)	5.8g	1.4g
Sodium (mg)	1059mg	259mg

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.



Get prepped

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



Prep the crumbing station

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

Custom Recipe: If you've added grated Parmesan cheese, add cheese to panko breadcrumbs.



Crumb the chicken

 Coat handfuls of chicken breast strips in the mayo mixture followed by the panko 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.



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 plate. 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.



Cook the chicken

 Wipe out the frying pan, then return to medium-high heat. 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.



Serve up

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



Scan here if you have any questions or concerns

