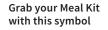


All-American Crumbed Chicken & Smokey Aioli

with Roast Pumpkin & Apple Slaw

KID FRIENDLY

CLIMATE SUPERSTAR







Pieces





All-American



Spice Blend

Panko Breadcrumbs





Apple



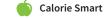
Smokey Aioli





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

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.

Pantry items

Olive Oil, Plain Flour, Egg, 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
peeled pumpkin pieces	1 medium packet	1 large packet		
chicken breast	1 medium packet	2 medium packets OR 1 large packet		
plain flour*	1 tbs	2 tbs		
All-American spice blend	1 medium sachet	1 large sachet		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
apple	1	2		
slaw mix	1 medium packet	1 large packet		
vinegar* (white wine or balsamic)	drizzle	drizzle		
smokey aioli	1 medium packet	1 large packet		
grated Parmesan cheese**	1 medium packet	1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2280kJ (545Cal)	407kJ (97Cal)
Protein (g)	47.6g	8.5g
Fat, total (g)	16.3g	2.9g
- saturated (g)	2.1g	0.4g
Carbohydrate (g)	52.6g	9.4g
- sugars (g)	21.3g	3.8g
Sodium (mg)	1046mg	187mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2485kJ (594Cal)	434kJ (104Cal)
Protein (g)	51.9g	9.1g
Fat, total (g)	19.7g	3.4g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	52.8g	9.2g
- sugars (g)	21.4g	3.7g
Sodium (mg)	1139mg	199mg

The quantities provided above are averages only.

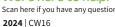
Allergens

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







Roast the pumpkin

- Preheat oven to 220°C/200°C fan-forced. Place peeled pumpkin pieces on a lined oven tray.
- Drizzle with olive oil, and season with salt. Toss to coat, spread out evenly, then roast until tender, 12-15 minutes.
- Meanwhile, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.



Make the slaw

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

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



Crumb & cook the chicken

- In a shallow bowl, combine the plain flour and All-American spice blend. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs and season. Coat chicken first in the flour, then into the egg and finally in the breadcrumbs. Set aside on a plate.
- Heat a large frying pan over medium-high heat with enough olive oil to coat the base. Cook crumbed chicken in batches until golden and cooked through, **3-5 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 added grated Parmesan cheese, add cheese to panko breadcrumbs.



Serve up

- Divide All-American crumbed chicken and roast pumpkin between plates.
- Serve with apple slaw and **smokey aioli**. Enjoy!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate