



# All-American Crumbed Chicken & Smokey Aioli

with Roast Pumpkin & Apple Slaw

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Chicken Breast



All-American Spice Blend



Panko Breadcrumbs



Apple



Slaw Mix



Smokey Aioli



Grated Parmesan Cheese

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

Calorie Smart

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.

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

### Pantry items

Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Balsamic)

## 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                              |
|---|-----------------|---------------------------------------|
| <b>olive oil*</b>                           | refer to method | refer to method                       |
| peeled pumpkin pieces                       | 1 medium packet | 1 large packet                        |
| chicken breast                              | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| <b>plain flour*</b>                         | 1 tbs           | 2 tbs                                 |
| All-American spice blend                    | 1 medium sachet | 1 large sachet                        |
| <b>egg*</b>                                 | 1               | 2                                     |
| panko breadcrumbs                           | 1 medium packet | 1 large packet                        |
| apple                                       | 1               | 2                                     |
| slaw mix                                    | 1 medium packet | 1 large packet                        |
| <b>vinegar*</b><br>(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](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

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## 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.

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## 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!

2



## 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.

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## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

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