



Crumbed Chicken Strips & Garlic Veggies

with Mayonnaise

KID FRIENDLY



Grab your Meal Kit
with this symbol



Garlic



Carrot



Capsicum



Broccoli



Aussie Spice Blend



Mayonnaise



Panko Breadcrumbs



Chicken Breast Strips



Grated Parmesan Cheese

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



Carb Smart*
*Custom Recipe is not Carb Smart

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
broccoli	½ head	1 head
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)	7.5g	1.9g

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
Dietary fibre	7.5g	1.8g

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. Cut **broccoli** (**see ingredients**) into small florets, then roughly chop stalk.



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, combine with 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 **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!

We're here to help!

Scan here if you have any questions or concerns



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