

with Creamy Baby Leaf Slaw & Gravy

SKILL UP









Spring Onion



All-American Spice Blend





Shredded Cheddar



(Optional)



Cornflour



Shredded Cabbage





Baby Leaves

Mayonnaise

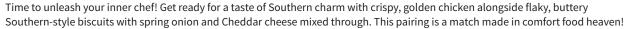


Gravy Granules





Eat Me Early





Pantry items

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
butter*	80g	160g
spring onion	1 stem	2 stems
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
basic sponge mix	1 medium packet	2 medium packets
shredded Cheddar cheese	1 medium packet	1 large packet
chilli flakes ∮ (optional)	pinch	pinch
milk*	1/4 cup	½ cup
cornflour	1 medium packet	2 medium packets
plain flour*	1 tbs	2 tbs
shredded cabbage mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
gravy granules	1 medium sachet	2 medium sachets
boiling water*	½ cup	1 cup
shredded Cheddar cheese**	1 medium packet	1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5033kJ (1203Cal)	961kJ (230Cal)
Protein (g)	59.8g	11.4g
Fat, total (g)	62g	11.8g
- saturated (g)	30.2g	5.8g
Carbohydrate (g)	99.7g	19g
- sugars (g)	11.4g	2.2g
Sodium (mg)	2988mg	571mg
Dietary Fibre (g)	5.5g	1.1g
Custom Recine		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5391kJ (1288Cal)	992kJ (237Cal)
Protein (g)	64.4g	11.8g
Fat, total (g)	69.5g	12.8g
- saturated (g)	34.7g	6.4g
Carbohydrate (g)	99.7g	18.3g
- sugars (g)	11.4g	2.1g
Sodium (mg)	3126mg	575mg
Dietary fibre	5.5g	1g

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

- Preheat oven to 220°C/200°C fan-forced. Measure the **butter** (80g for 2 people / 160g for 4 people), chop into small cubes and set aside.
- Thinly slice spring onion. Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine All-American spice blend, a pinch of salt and a drizzle of olive oil. Add **chicken** and toss to combine. Set aside.



Make the biscuit mix

- In a large bowl, add measured butter and basic sponge mix. Using finger tips, rub the butter into the **sponge mix**, until resembling fine breadcrumbs.
- · Add spring onion, shredded Cheddar cheese, a pinch of chilli flakes (if using) and the milk. Gently mix until the dough comes together.

TIP: Careful not to overmix the dough! TIP: Don't worry if the dough is slightly crumbly, gently press to bring together!

Custom Recipe: If you've doubled your shredded Cheddar cheese, follow instructions as above.



Bake the biscuits

- Tip the dough onto a lined oven tray and press into a 12cm x 15cm rectangle, around 3cm thick. Cut dough into 6 even rectangles and gently separate. Brush the tops of the biscuits with a splash of milk.
- Bake until lightly browned, 15-18 minutes.



Cook the chicken

- · Heat a large frying pan over medium-high heat with enough olive oil to cover the base. Meanwhile, to the bowl with the chicken, add cornflour and the plain flour and toss to combine.
- When oil is hot, dust off any excess flour from chicken and cook until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Transfer to a paper towel-lined plate.

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



Bring it all together

- · Meanwhile, boil the kettle.
- In a large bowl, combine shredded cabbage mix, baby leaves, mayonnaise, a drizzle of white wine vinegar and olive oil. Season with salt and pepper.
- In a medium heatproof bowl, combine gravy granules and the boiling water (1/2 cup for 2 people / 1 cup for 4 people), whisking, until smooth, 1 minute.



Serve up

- · Divide southern-fried chicken, homemade biscuits and creamy baby leaf slaw between plates.
- · Serve with gravy. Enjoy!

TIP: Spread any extra butter over biscuits if you like!



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