

Southern Fried Chicken & Cheddar Biscuits

with Apple Slaw & Gravy

SKILL UP

NEW

KID FRIENDLY

Grab your meal kit with this number

39



Spring Onion



Apple



Chicken Breast



All-American Spice Blend



Basic Sponge Mix



Shredded Cheddar Cheese



Cornflour



Shredded Cabbage Mix



Baby Leaves



Gravy Granules



Chicken Thigh



Chicken Drumsticks

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

Time to unleash your inner chef! Get ready for a taste of Southern charm with crispy, golden chicken alongside flaky, buttery Southern-style biscuits with spring onion and Cheddar cheese mixed through. This easy dough comes together in minutes, with no kneading required - simply press the dough together to ensure ultimate flakiness. This pairing is a match made in comfort food heaven!

Pantry items

Olive Oil, Butter, Milk, Plain Flour, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
apple	1	2
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
milk*	¼ cup	½ cup
cornflour	1 packet	2 packets
plain flour*	1 tbs	2 tbs
shredded cabbage mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
gravy granules	1 sachet	2 sachets
boiling water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4772kJ (1141Cal)	855kJ (204Cal)
Protein (g)	60.4g	10.8g
Fat, total (g)	51g	9.1g
- saturated (g)	28.5g	5.1g
Carbohydrate (g)	107.5g	19.3g
- sugars (g)	16.3g	2.9g
Sodium (mg)	2870mg	514mg
Dietary Fibre (g)	6.9g	1.2g

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

2024 | CW29



Get prepped

- Preheat the 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 the **spring onion**. Thinly slice **apple** into sticks.
- 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** and a drizzle of **olive oil**. Add **chicken** and toss to combine. Set aside.



Cook the chicken

- Meanwhile, heat a large frying pan over medium-high heat with enough **olive oil** to cover the base. 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.

CUSTOM OPTIONS

SWAP TO CHICKEN THIGH
Follow method above, cooking chicken for 14-16 minutes.

SWAP TO CHICKEN DRUMSTICKS
In a baking dish, combine with flavouring. Cover with foil and bake for 20 minutes. Uncover and turn. Bake until cooked through, 20-25 minutes.



Make the biscuit mix

- In a large bowl, add the 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**, 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!



Bring it all together

- While the chicken is cooking, boil the kettle.
- In a large bowl, combine **shredded cabbage mix**, **apple**, **baby leaves**, 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** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.



Bake the biscuits

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



Serve up

- Divide Southern fried chicken, Cheddar biscuits and apple slaw between plates.
- Serve with gravy. Enjoy!

TIP: Spread extra butter over the scones to serve if you want!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

