

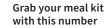
# All-American Crumbed Chicken

with Roast Pumpkin & Apple Slaw

HELLOHERO

KID FRIENDLY

CLIMATE SUPERSTAR







Pieces





All-American



Spice Blend





Panko Breadcrumbs







Smokey Aioli





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

Eat Me Early



Calorie Smart



A golden crumb on juicy chicken is like a bond between star-crossed lovers - unbeatable. Our All-American spice blend brings smokey and savoury flavours to this crunchy coating, perfectly complemented by the sweetness of roast pumpkin and apple in the slaw.

#### **Pantry items**

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

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting 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  $\cdot$  Air fryer or large frying pan

## Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 medium packet	2 medium packets
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

## \*Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2256kJ (539cal)	198kJ (47cal)
Protein (g)	48.2g	4.2g
Fat, total (g)	16g	1.4g
- saturated (g)	2.1g	0.2g
Carbohydrate (g)	51.2g	4.5g
- sugars (g)	22.6g	2g
Sodium (mg)	1067mg	93.5mg
Dietary Fibre (g)	3.9g	0.3g

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.



## 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, 20-25 minutes.
- Meanwhile, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.

**Little cooks:** Help toss the pumpkin.



#### Crumb & cook the chicken

- Set your air fryer to 200°C.
- Place crumbed chicken into air fryer basket and cook until golden and cooked through (when no longer pink inside), 12-15 minutes.

TIP: No air fryer? 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.



#### Crumb 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 olive oil (2tbs for 2 people / ¼ cup for 4 people) and
  season, stirring to combine.
- Coat chicken first in the flour, then into the egg and finally in the breadcrumb mixture. Set aside on a plate.

TIP: No air fryer? Leave the oil out of the panko.



# Serve up

- Meanwhile, thinly slice apple.
- In a medium bowl, combine slaw mix, apple and a drizzle of vinegar and olive oil. Season to taste.
- Divide All-American crumbed chicken and roast pumpkin between plates.
- Serve with apple slaw and smokey aioli. Enjoy!









