



# All-American Crumbed Chicken

with Roast Pumpkin & Apple Slaw

HELLOHERO

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

18



Peeled Pumpkin Pieces



Chicken Breast



All-American Spice Blend



Panko Breadcrumbs



Apple



Slaw Mix



Smokey Aioli



Chicken Breast Strips



Grated Parmesan Cheese

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

Calorie Smart

Protein Rich

Eat Me Early

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 · Air fryer or large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<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> (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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

3



## 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.

2



## 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.

4



## 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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



**CUSTOM  
OPTIONS**



**SWAP TO CHICKEN BREAST STRIPS**

Follow crumbing and cooking method above, cooking for 8-10 minutes.



**ADD GRATED PARMESAN CHEESE**

Add to panko breadcrumb mix.

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

