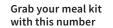


Tex-Mex Crumbed Chicken & Celery Slaw

with Sweetcorn Crushed Potatoes

KID FRIENDLY

AIR FRYER FRIENDLY











Chicken-Style



Stock Powder





Panko Breadcrumbs



Spice Blend





Slaw Mix

Celery



Mayonnaise





Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early



You can jazz up anything with a bit of bling, like these crushed potatoes, simply add golden corn to the mix and they are ready to make mouths water. Another example, a crunchy crumb to Tex-Mex spiced chicken does wonders to make this dinner stand out from the crowd!



Olive Oil, Butter, Plain Flour, Egg

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

Medium saucepan · Air fryer or Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
sweetcorn	1 medium tin	1 large tin
butter*	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
celery	1 stalk	2 stalks
slaw mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2519kJ (602cal)	251kJ (60cal)
Protein (g)	49g	4.9g
Fat, total (g)	15.9g	1.6g
- saturated (g)	2.6g	0.3g
Carbohydrate (g)	68.1g	6.8g
- sugars (g)	25.6g	2.6g
Sodium (mg)	1408mg	140.5mg
Dietary Fibre (g)	5.6g	0.6g

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.



Make the crushed potatoes

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- · Cut potato into large chunks. Drain sweetcorn.
- Cook potato in boiling water, over high heat, until easily pierced with a fork,
 12-15 minutes. Drain.
- Return saucepan to medium-high heat, add the **butter** and cook, stirring, until fragrant, **1 minute**.
- Add **chicken-style stock powder**. Stir to combine, then remove from heat.
- Add cooked potato and corn to the pan and toss to coat. Lightly crush with a fork. Cover to keep warm.



Cook the chicken

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

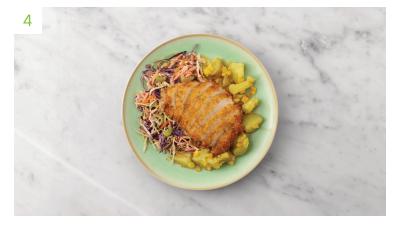
TIP: No air fryer? Heat a large frying pan over medium-high with enough olive oil to coat the base. Cook crumbed chicken in batches until golden and cooked through, 3-5 minutes each side. Transfer to a paper towel-lined plate.



Crumb the chicken

- Meanwhile, place chicken breast between two sheets of baking paper.
 Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm.
- In a shallow bowl, combine the plain flour and a pinch of salt. In a second shallow bowl, whisk the egg. In a third shallow bowl, combine panko breadcrumbs, Tex-Mex spice blend and olive oil (2 tbs for 2 people / ¼ cup for 4 people). Coat chicken first in the flour, followed by the egg and finally the breadcrumb mixture. Set aside on a plate.

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



Serve up

- Meanwhile, thinly slice celery. Slice chicken.
- In a medium bowl, combine **slaw mix**, celery and **mayonnaise**. Season to taste and toss to combine.
- Divide sweetcorn crushed potatoes and celery slaw between plates. Top with Tex-Mex crumbed chicken to serve. Enjoy!







Cook, breaking up with a spoon, 4-6 minutes. Sprinkle over potatoes before serve.



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

