



Tex-Mex Crumbed Chicken & Celery Slaw

with Sweetcorn Crushed Potatoes

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Grab your meal kit with this number

1



Potato



Sweetcorn



Chicken-Style Stock Powder



Chicken Breast



Panko Breadcrumbs



Tex-Mex Spice Blend



Celery



Slaw Mix



Mayonnaise



Diced Bacon



Cheddar Cheese

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

Calorie Smart

Protein Rich

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!

Pantry items

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!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



ADD DICED BACON

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



ADD CHEDDAR CHEESE

Sprinkle over potatoes before serving.

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

