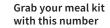


All-American Crumbed Chicken

with Roast Pumpkin & Apple Slaw

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR













All-American



Spice Blend









Smokey Aioli





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

Eat Me Early



Protein Rich

Juicy chicken and a panko crumb is like a bond between star-crossed lovers - unbeatable. The golden and crunchy exterior perfectly contrasts with the tender chicken for the ultimate flavourful and textural combo. The only thing that could come close to beating them is a smokey aioli for dipping.



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

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	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)	2175kJ (520cal)	198kJ (47cal)
Protein (g)	44.4g	4g
Fat, total (g)	15.7g	1.4g
- saturated (g)	2g	0.2g
Carbohydrate (g)	51g	4.6g
- sugars (g)	22.5g	2g
Sodium (mg)	1053mg	95.6mg
Dietary Fibre (g)	3.9g	0.4g

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.



Make the slaw

- Meanwhile, thinly slice apple.
- In a medium bowl, combine slaw mix, apple and a drizzle of vinegar and olive oil. Season to taste.



- Set your air fryer to 200°C.
- 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. Coat chicken first in the flour, then into the egg and finally in the
 breadcrumb mixture. Set aside on a plate.
- Place crumbed chicken into air fryer basket and cook until golden and cooked through (when no longer pink inside), 12-15 minutes.

TIP: No airfryer? Crumb chicken as above without oil. 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.



Serve up

- Divide All-American crumbed chicken and roast pumpkin between plates.
- Serve with apple slaw and **smokey aioli**. Enjoy!

Little cooks: Take the lead by combining the ingredients for the slaw!





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

