



All-American Crumbed Chicken

with Roast Pumpkin & Apple Slaw

HELLOHERO

AIR FRYER 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



Grated Parmesan Cheese



Chicken Thigh

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, Eggs, Vinegar (White Wine or Balsamic)

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

Oven tray lined with baking paper · Air fryer or large frying pan

Ingredients

	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
eggs*	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.

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**, season with **salt** and 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.

3



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.

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

CUSTOM OPTIONS

+ **ADD GRATED PARMESAN CHEESE**
Add cheese to the panko mixture before crumbing.

↻ **SWAP TO CHICKEN THIGH**
Follow method above, cooking until cooked through, 10-13 minutes.

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

2



Crumb and cook 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** (2 tbs for 2 people / ¼ cup for 4 people) and season to taste. Coat **chicken** in the **flour**, then into the **egg** and finally into the **breadcrumb mixture**. Set aside on a plate.
- Set your air fryer to **200°C**. Place **crumbed chicken** into the air fryer basket and cook until cooked through (when no longer pink inside), **12-15 minutes**.

TIP: No air fryer? Crumb chicken as above, leaving the oil out of the panko mixture. 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.

4



Serve up

- 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

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