



Crumbed Chicken & Eggplant Veggie Toss

with Honey-Balsamic Dressing

NEW

Grab your meal kit with this number

14



Potato



Eggplant



Tomato



Onion



Chicken Breast



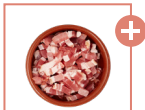
Nan's Special Seasoning



Panko Breadcrumbs



Baby Leaves



Diced Bacon



Grated Parmesan Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Protein Rich

Eat Me Early

A golden crumbed chicken schnitzel is too good to be messed with, so we're keeping it simple today. All we need is a fun veggie side for the perfect pairing and we think we've nailed this one! Toss together roasted eggplant, potato, tomato and onion for the ultimate accompaniment to balance out all that crunchy golden goodness.

Pantry items

Olive Oil, Honey, Plain Flour, Egg, Balsamic Vinegar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
eggplant	1	2
tomato	½	1
onion	½	1
honey*	1 tsp	2 tsp
chicken breast	1 medium packet	2 medium packets OR 1 large packet
plain flour*	1 tbs	2 tbs
Nan's special seasoning	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2314kJ (553cal)	202kJ (48cal)
Protein (g)	53.1g	4.6g
Fat, total (g)	11.9g	1g
- saturated (g)	2.5g	0.2g
Carbohydrate (g)	57g	5g
- sugars (g)	10.7g	0.9g
Sodium (mg)	589mg	51.3mg
Dietary Fibre (g)	8.2g	0.7g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Cut **eggplant** into 1cm chunks.
- Slice **tomato (see ingredients)** and **onion (see ingredients)** into wedges.



Cook the chicken

- 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, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Chicken is cooked through when it's no longer pink inside.



Roast the veggies

- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.
- Once the veggies are done, remove tray from the oven. Drizzle veggies with the **honey** and set aside to cool.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Toss the veggies

- When roast veggies have cooled a little, add **baby leaves** and a drizzle of **balsamic vinegar** to oven tray and gently toss to combine.



Crumb the chicken

- Meanwhile, place **chicken breast** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until an even thickness, about 1cm.
- In a shallow bowl, combine the **plain flour** and **Nan's special seasoning**. In a second shallow bowl, place **panko breadcrumbs**.
- Dip **chicken** into **flour mixture** to coat, then into the **egg**, and finally into **breadcrumbs**. Set aside on a plate.



Serve up

- Slice chicken.
- Divide eggplant veggie toss and crumbed chicken between plates to serve. Enjoy!

CUSTOM OPTIONS



ADD DICED BACON

After cooking chicken, cook diced bacon, breaking up with a spoon, 4-6 minutes. Sprinkle over veggies to serve.



ADD GRATED PARMESAN CHEESE

Add cheese to the panko mixture before crumbing.

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

