



# Easy Southern Crumbed Chicken & Peri Peri Mayo

with Butter Corn Rice & Apple Slaw

NEW

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

33



Sweetcorn



Apple



Jasmine Rice



Mayonnaise



Peri Peri Sauce



Chicken Breast



Panko Breadcrumbs



All-American Spice Blend



Shredded Cabbage Mix



Coriander



Diced Bacon



Cheddar Cheese

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

Protein Rich

Eat Me Early

You can't go wrong with a crumbed chicken feast, especially paired with a buttery corn rice and a sweet-and-crisp apple slaw! This one has our smokey All-American spice cooked right into the crunchy crumb. The only thing that could make it better is an epic dipping sauce - oh wait, we've got that too!

### Pantry items

Olive Oil, Butter, Honey, Plain Flour, Egg, White Wine 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

Medium saucepan with a lid · Air fryer or large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
apple	1	2
<b>butter*</b>	20g	40g
jasmine rice	1 medium packet	1 large packet
<b>water*</b>	1¼ cups	2½ cups
mayonnaise	1 medium packet	1 large packet
peri peri sauce	1 medium packet	1 large packet
<b>honey*</b>	1 tsp	2 tsp
chicken breast	1 medium packet	2 medium packets OR 1 large packet
<b>plain flour*</b>	2 tbs	¼ cup
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
shredded cabbage mix	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2913kJ (696cal)	271kJ (65cal)
Protein (g)	53g	4.9g
Fat, total (g)	21.2g	2g
- saturated (g)	3.7g	0.3g
Carbohydrate (g)	70.4g	6.5g
- sugars (g)	12.4g	1.2g
Sodium (mg)	1503mg	139.7mg
Dietary Fibre (g)	3.5g	0.3g

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](https://www.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

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## Cook the rice

- Drain **sweetcorn**. Thinly slice **apple**.
- In a medium saucepan, heat the **butter** and a dash of **olive oil** over medium heat. Cook **corn** until lightly golden, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt**, stir, then bring to boil.
- Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## Cook the chicken

- Set air fryer to **200°C**. Place **crumbed chicken** into the 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 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.

### CUSTOM OPTIONS

#### + ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

#### + ADD CHEDDAR CHEESE

Sprinkle over before serving.



## Get prepped

- Meanwhile, in a small bowl, combine **mayonnaise**, **peri peri sauce** and the **honey**.
- 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, place **panko breadcrumbs**, **All-American spice blend** and **olive oil** (2 tbs for 2 people / ¼ cup for 4 people).
- Dip **chicken** into the **flour** to coat, then into the **egg** and finally into the **breadcrumb mixture**. Set aside on a plate.



## Serve up

- In a medium bowl, combine **shredded cabbage mix**, apple and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Slice crumbed chicken.
- Divide butter corn rice between bowls.
- Top with Southern crumbed chicken and apple slaw.
- Drizzle peri peri mayo over chicken. Tear over **coriander** to serve. Enjoy!

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

