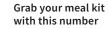


Quick American Crumbed Chicken with Roast Pumpkin & Apple Slaw

AIR FRYER FRIENDLY

KID FRIENDLY







Pieces





All-American



Spice Blend





Panko Breadcrumbs

Slaw Mix





Apple



Smokey Aioli





Parmesan Cheese



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

Eat Me Early



Calorie Smart



Protein Rich

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, Egg, 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

9. • • • • • • • • • • • • • • • • •			
	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)	2256kJ (539cal)	198kJ (47cal)
Protein (g)	48.2g	4.2g
Fat, total (g)	16g	1.4g
- saturated (g)	2.1g	0.2g
Carbohydrate (g)	51.4g	4.5g
- sugars (g)	22.6g	2g
Sodium (mg)	1067mg	93.5mg
Dietary Fibre (g)	3.2g	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 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, 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.

Little cooks: Help spread out the pumpkin and season with salt!



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.



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 / 1/4 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 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.



Serve up

- Divide 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!



