



# Quick American Crumbed Chicken

with Roast Pumpkin & Apple Slaw

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

20



Peeled Pumpkin Pieces



Chicken Breast



All-American Spice Blend



Panko Breadcrumbs



Apple



Slaw Mix



Smoky Aioli



Chicken Thigh



Grated Parmesan Cheese

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 smoky 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

	2 People	4 People
<b>olive oil*</b>	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
<b>plain flour*</b>	1 tbs	2 tbs
All-American spice blend	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
apple	1	2
slaw mix	1 medium packet	1 large packet
<b>vinegar*</b> (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](https://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.

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

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

#### + SWAP TO CHICKEN THIGH

Follow crumbing above and cook for 3-5 minutes each side.

#### + ADD GRATED PARMESAN CHEESE

Add cheese to the panko mixture before crumbing.

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

