



Parmesan-Crumbed Chicken

with Veggie Fries & Mayonnaise

SEASONAL HERO

KID FRIENDLY

Grab your meal kit with this number

33



Potato



Beetroot



Carrot



Asparagus



Chicken Breast



Nan's Special Seasoning



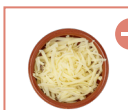
Panko Breadcrumbs



Grated Parmesan Cheese



Mayonnaise



Shredded Cheddar Cheese



Grated Parmesan Cheese

Prep in: 35-45 mins
Ready in: 40-50 mins

Eat Me Early

Let's get crumbing! For the perfect result, take our advice: set up your crumbing station with three bowls, season well and keep one hand for wet ingredients, the other for dry. Then all that's left to do is enjoy that delicious crunch!

Pantry items

Olive Oil, Plain Flour, Egg

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
beetroot	1	2
carrot	1	2
asparagus	1 bunch	2 bunches
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
plain flour*	1½ tbs	3 tbs
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3234kJ (772Cal)	422kJ (100Cal)
Protein (g)	58g	7.6g
Fat, total (g)	25g	3.3g
- saturated (g)	6.2g	0.8g
Carbohydrate (g)	71.4g	9.3g
- sugars (g)	16.3g	2.1g
Sodium (mg)	1127mg	147mg
Dietary Fibre (g)	13g	1.7g

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.



Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **beetroot** into fries.
- Slice **carrot** into sticks.
- Place **potato**, **beetroot** and **carrot** on a lined oven tray. Drizzle with **olive oil**, then season with **salt**. Toss to coat, spread out evenly, then bake until tender, **25-30 minutes**.

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

Little cooks: Lend a hand by adding the veggie fries to the tray, drizzling with olive oil and seasoning with some salt!



Cook the asparagus

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **asparagus**, tossing, until tender, **5-6 minutes**. Season to taste, then transfer to a bowl.



Get prepped

- Meanwhile, trim **asparagus**.
- Cut **chicken breast** into 1cm strips.



Crumb the chicken

- In a shallow bowl, combine **Nan's special seasoning**, the **plain flour** and **salt**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **grated Parmesan cheese**.
- Dip **chicken strips** first into the **flour mixture**, followed by the **egg**, then finally into the **panko-Parmesan mixture**. Transfer to a plate.

Little cooks: Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers! Make sure to wash your hands well afterwards.



Cook the chicken

- Return the frying pan to medium-high heat with enough **olive oil** to coat the base of the pan.
- When oil is hot, cook **crumbed chicken** in batches, until golden and cooked through, **3-4 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add more oil between batches if needed.



Serve up

- Divide veggie fries, greens and Parmesan-crumbed chicken between plates.
- Serve with a dollop of **mayonnaise**. Enjoy!

Little cooks: Add the finishing touch by dolloping over the mayonnaise.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM OPTIONS

+ ADD CHEDDAR CHEESE
Sprinkle over before serving.

+ DOUBLE GRATED PARMESAN CHEESE
Follow method above.

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

