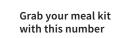


Crumbed Chicken & Roast Veggie Toss

with Asparagus & Herby Mayo

SEASONAL HERO

KID FRIENDLY









Beetroot

Asparagu





Potato

Chicken Breast





Cornflour

Garlic & Herb Seasoning





Panko Breadcrumbs

Baby Leaves



Dill & Parsley Mayonnaise

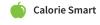


Grated Parmesan Cheese



Prep in: 20-30 mins Ready in: 35-45 mins

Eat Me Early



Protein Rich

This is crumbed chicken with a difference. First, it's coated with a garlicky, herby seasoning, then crumbed with crunchy panks for delectable flavour and texture. Combine that with warmly spiced roasted veggies and a drizzle of herbed mayo for a showstopper.

Pantry items

Olive Oil, 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 \cdot Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
beetroot	1	2	
asparagus	1 bunch	2 bunches	
potato	1	2	
chicken breast	1 medium packet	2 medium packets OR 1 large packet	
cornflour	1 medium packet	2 medium packets	
garlic & herb seasoning	1 medium sachet	1 large sachet	
salt*	1/4 tsp	½ tsp	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
baby leaves	1 medium packet	1 large packet	
dill & parsley mayonnaise	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2532kJ (605Cal)	420kJ (100Cal)
Protein (g)	52g	8.6g
Fat, total (g)	19.3g	3.2g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	51.5g	8.5g
- sugars (g)	14.4g	2.4g
Sodium (mg)	1102mg	183mg
Dietary Fibre (g)	8.3g	1.4g

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.



Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Cut **beetroot** into small chunks.
- · Trim ends of asparagus.
- · Cut potato into bite-sized chunks.



Cook the veggies

- Place **beetroot** and **potato** on a lined oven tray. Drizzle with olive oil and season with salt and pepper.
- · Toss to coat, spread out evenly, then roast until tender, 25-30 minutes.
- · While the veggies are roasting, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook asparagus, tossing, until tender, **5-6 minutes**. Transfer to a plate and cover to keep warm.

TIP: Add a dash of water to the pan to help asparagus cook.

Little cooks: Kids can help toss the veggies.



Crumb the chicken

- Meanwhile, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine cornflour, garlic & herb seasoning and salt. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Coat chicken first in flour mixture, then the egg and finally the **breadcrumbs**. Transfer to a plate.

Little cooks: Kids can help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers.



Cook the chicken

- Return frying pan to 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. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the crumbed chicken doesn't stick to the pan!

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



Bring it all together

· Add baby leaves to the roasted veggies. Toss to combine and season to taste.

TIP: Toss the veggies and baby leaves directly on the oven tray for less washing up! **Little cooks:** Take the lead and help toss the veggies with the baby leaves!



Serve up

- · Slice chicken (if preferred).
- Divide roast veggie toss between plates.
- Top with crumbed chicken.
- Drizzle over dill & parsley mayonnaise to serve. Enjoy!

Little cooks: Drizzle over the herby mayo to finish it all off!









Cook, breaking up with a spoon, 4-6 minutes. Sprinkle over veggies to serve.

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

