

# Crumbed Chicken & Roast Veggie Toss

with Asparagus & Herby Mayo

SEASONAL HERO

KID FRIENDLY

Grab your meal kit with this number

33



Beetroot



Asparagus



Potato



Chicken Breast



Cornflour



Garlic & Herb Seasoning



Panko Breadcrumbs



Baby Leaves



Dill & Parsley Mayonnaise



Grated Parmesan Cheese



Diced Bacon

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

Calorie Smart

Protein Rich

Eat Me Early

This is crumbed chicken with a difference. First, it's coated with a garlicky, herby seasoning, then crumbed with crunchy panko 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 · Large frying pan

## Ingredients

|                           | 2 People        | 4 People                              |
|---------------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>         | 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<br>OR 1 large packet |
| cornflour                 | 1 medium packet | 2 medium packets                      |
| garlic & herb seasoning   | 1 medium sachet | 1 large sachet                        |
| <b>salt*</b>              | ¼ tsp           | ½ tsp                                 |
| <b>egg*</b>               | 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](https://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 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.



## 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.



## 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!



## 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.



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



### CUSTOM OPTIONS

#### + ADD GRATED PARMESAN CHEESE

Add cheese to the panko mixture before crumbing.

#### + ADD DICED BACON

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.

