



# Easy Tex-Mex Crumbed Chicken & Celery Slaw with Sweetcorn Crushed Potatoes

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

1



Potato



Sweetcorn



Chicken-Style Stock Powder



Chicken Breast



Cornflour



Panko Breadcrumbs



Tex-Mex Spice Blend



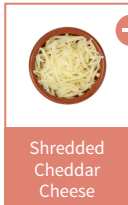
Celery



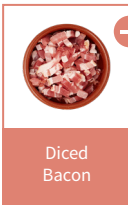
Slaw Mix



Mayonnaise



Shredded Cheddar Cheese



Diced Bacon

Prep in: 20-30 mins  
Ready in: 25-35 mins

Calorie Smart

Protein Rich

Eat Me Early

You can jazz up anything with a bit of bling, like these crushed potatoes, simply add golden corn to the mix and they are ready to make mouths water. Another example, a crunchy crumb to Tex-Mex spiced chicken does wonders to make this dinner stand out from the crowd!

### Pantry items

Olive Oil, Butter, 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

Medium saucepan · Air fryer or Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
sweetcorn	1 medium tin	1 large tin
<b>butter*</b>	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
cornflour	½ packet	1 packet
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
celery	1 stalk	2 stalks
slaw mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2443kJ (433cal)	433kJ (77cal)
Protein (g)	45.2g	8g
Fat, total (g)	15.5g	2.7g
- saturated (g)	2.5g	0.4g
Carbohydrate (g)	68g	12.1g
- sugars (g)	10.5g	1.9g
Sodium (mg)	1394mg	247.2mg
Dietary Fibre (g)	6.7g	1.2g

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.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



## Make the crushed potatoes

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cut **potato** into large chunks. Drain **sweetcorn**.
- Cook **potato** in boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain.
- Return saucepan to medium-high heat, add the **butter** and cook, stirring, until fragrant, **1 minute**.
- Add **chicken-style stock powder**. Stir to combine, then remove from heat.
- Add **cooked potato** and **corn** to the pan and toss to coat. Lightly crush with a fork. Cover to keep warm.



## Cook the chicken

- Set your air fryer to **200°C**.
- Place **crumbed chicken** into air fryer basket and cook, turning halfway, until golden and cooked through (when no longer pink inside), **12-15 minutes**.

**TIP:** No air fryer? Heat a large frying pan over medium-high 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.

### CUSTOM OPTIONS

**+** ADD CHEDDAR CHEESE  
Sprinkle over before serving.

**+** ADD DICED BACON  
Cook, breaking up with a spoon, 4-6 minutes.



## Crumb the chicken

- Meanwhile, place **chicken breast** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm.
- In a shallow bowl, combine **cornflour** (see ingredients) and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs**, **Tex-Mex spice blend** and **olive oil** (2 tbs for 2 people / ¼ cup for 4 people). Coat **chicken** first in the **flour**, followed by the **egg** and finally the **breadcrumb mixture**. Set aside on a plate.

**TIP:** No air fryer? Leave the oil out of the crumb.



## Finish & serve

- Meanwhile, thinly slice **celery**. Slice chicken.
- In a medium bowl, combine **slaw mix**, celery and **mayonnaise**. Season to taste and toss to combine.
- Divide sweetcorn crushed potatoes and celery slaw between plates. Top with Tex-Mex crumbed chicken to serve. Enjoy!

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

