



All-American Crumbed Chicken & Potatoes

with Pea Pod Slaw & Smokey Aioli

SEASONAL HERO

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Potato



Chicken Breast



All-American Spice Blend



Panko Breadcrumbs



Pea Pods



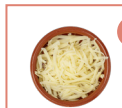
Slaw Mix



Baby Leaves



Smokey Aioli



Shredded Cheddar Cheese



Diced Bacon

Prep in: 15-25 mins
Ready in: 25-35 mins

Protein Rich

Eat Me Early

You simply can't go wrong with crumbed chicken, roasted 'taters and a creamy smokey aioli to tie a meal together; and with only four steps, this easy dinner will be ready in a flash!

Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar

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	3	6
chicken breast	1 medium packet	2 medium packets OR 1 large packet
plain flour*	1 tbs	2 tbs
All-American spice blend	1 medium sachet	1 large sachet
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pea pods	1 packet	2 packets
slaw mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3043kJ (508cal)	508kJ (85cal)
Protein (g)	47.9g	8g
Fat, total (g)	28.4g	4.7g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	67.7g	11.3g
- sugars (g)	15.3g	2.6g
Sodium (mg)	1027mg	171.5mg
Dietary Fibre (g)	8g	1.3g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

Little cooks: Kids can help with tossing the potato.

3



Make the slaw

- Meanwhile, trim and thinly slice **pea pods** lengthways.
- In a medium bowl, combine **slaw mix**, **pea pods**, **baby leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

Little cooks: Take the lead by tossing the slaw!

CUSTOM OPTIONS



ADD SHREDDED CHEDDAR CHEESE

In the last 5 minutes of cook time, remove potato tray from oven and sprinkle over cheese. Roast until melted.



ADD DICED BACON

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

2



Cook the chicken

- Slice **chicken breast** into 2cm strips.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a shallow bowl, combine the **plain flour**, **All-American spice blend** and the **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **chicken** first in the **flour mixture**, followed by the **egg** and finally in the **panko breadcrumbs**. Transfer to a plate.
- Heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**. When oil is hot, cook **crumbed chicken** until golden (chicken is cooked through when it is no longer pink inside), **3-4 minutes** each side.
- Transfer to a paper towel-lined plate.

4



Finish & serve

- Divide potatoes and All-American crumbed chicken between plates.
- Serve with pea pod slaw and **smokey aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



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

