



Crumbed Chicken Dippers & Rosemary Wedges

with Garlic Aioli & Apple Salad

Grab your Meal Kit with this symbol



Potato



Rosemary



Sweet Mustard Spice Blend



Panko Breadcrumbs



Chicken Breast



Carrot



Apple



Mixed Salad Leaves



Garlic Aioli

Hands-on: **35-45 mins**
Ready in: **40-50 mins**

Eat me early

We're officially making chicken (dippers) tonight, so don't be afraid to break out your best chicken dance! We recommend spooning over the delicious garlic aioli, but these are called dippers, so if you need to grab 'em and dunk 'em, we won't tell anyone. Promise.

Pantry items

Olive Oil, Plain Flour, Egg, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
rosemary	2 sprigs	4 sprigs
sweet mustard spice blend	1 sachet	1 sachet
salt*	1 tsp	2 tsp
plain flour*	½ tbs	1 tbs
egg*	1	2
panko breadcrumbs	1 packet	1 packet
chicken breast	1 packet	1 packet
carrot	1	2
apple	1	2
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3016kJ (720Cal)	482kJ (115Cal)
Protein (g)	44g	7g
Fat, total (g)	30.4g	4.9g
- saturated (g)	5.2g	0.8g
Carbohydrate (g)	66.1g	10.6g
- sugars (g)	14.3g	2.3g
Sodium (mg)	1788mg	286mg

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 wedges

Preheat the oven to **240°C/220°C fan-forced**. Slice the **potato** into wedges. Pick and finely chop the **rosemary** leaves. Place the **potato** and **rosemary** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, then bake until tender, **25-30 minutes**.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



Prep the salad

While the chicken is cooking, grate the **carrot**. Thinly slice the **apple**.



Crumb the chicken

While the wedges are baking, combine the **sweet mustard spice blend**, the **salt** and **plain flour** in a shallow bowl, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Cut the **chicken breast** into 2cm strips. Dip the **chicken** strips into the **flour mixture**, followed by the **egg** and finally into the **panko breadcrumbs**. Transfer to a plate.



Toss the salad

In a large bowl, combine a drizzle of **olive oil** and the **balsamic vinegar**. Add the **carrot**, **apple** and **mixed salad leaves**. Toss to combine.



Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, cook the crumbed **chicken** in batches, turning, until golden and cooked through, **3-4 minutes** (depending on thickness). Transfer to a plate lined with paper towel and season with **salt**.

TIP: Add extra oil between batches if needed.



Serve up

Divide the crumbed chicken dippers, apple salad and rosemary roasted wedges between plates. Serve with the **garlic aioli**.

Enjoy!