



Crumbed Chicken Strips & Garlic Veggies

with Zesty Mayo

Grab your Meal Kit with this symbol



Garlic



Carrot



Broccoli



Lemon



Mayonnaise



Aussie Spice Blend



Panko Breadcrumbs



Baby Spinach Leaves



Chicken Breast Strips

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

Carb Smart

You think you know crumbed chicken? Think again! With our Aussie spice blend in the mix, it goes from tasty to totally irresistible. Paired with a nutritious assortment of vegetables and zesty mayo for extra creamy deliciousness, you'll be talking about this long after you've scooped up the final crumbs.

Pantry items

Olive Oil, Butter

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

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
broccoli	½ head	1 head
lemon	½	1
mayonnaise	1 large packet	2 large packets
Aussie spice blend	1 sachet	1 sachet
chicken breast strips	1 packet	1 packet
panko breadcrumbs	1 packet	1 packet
baby spinach leaves	1 medium bag	1 large bag
butter*	15g	30g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2549kJ (609Cal)	592kJ (141Cal)
Protein (g)	37g	8.6g
Fat, total (g)	35.9g	8.3g
- saturated (g)	9.7g	2.3g
Carbohydrate (g)	32.5g	7.5g
- sugars (g)	6.2g	1.4g
Sodium (mg)	1030mg	239mg
Dietary Fibre (g)	7.6g	1.8g

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 **240°C/220°C fan-forced**.
- Finely chop **garlic**. Thinly slice **carrot** into half-moons. Cut **broccoli** (see ingredients) into small florets, then roughly chop the stalk.
- Zest **lemon** to get a pinch, then slice into wedges.



Cook the chicken

- Heat a large frying pan over high heat with a generous drizzle of **olive oil**. When oil is hot, cook **crumbed chicken** until golden, **2 minutes** each side.
- Transfer **chicken** to a lined oven tray, then bake until cooked through, **8-10 minutes**.

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



Make the zesty mayo

- In a small bowl, combine **lemon zest** and 1/2 the **mayonnaise**. Season to taste.



Cook the veggies

- Meanwhile, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **broccoli** and **carrot**, tossing, until tender, **5-6 minutes**.
- Add **baby spinach leaves**, the **butter** and **garlic** and cook until wilted and fragrant, **1 minute**.
- Remove from heat, then add a squeeze of **lemon juice**. Season with **salt** and **pepper**.

TIP: Add a dash of water to the pan to help speed up the veggie cooking process.



Prep the chicken

- In a medium bowl, combine **Aussie spice blend** and the remaining **mayonnaise**. Add **chicken breast strips** and toss to coat.
- In a second medium bowl, add **panko breadcrumbs**.
- Coat handfuls of **chicken** in the **panko breadcrumbs**, then transfer to a plate.



Serve up

- Divide crumbed chicken strips and garlic veggies between plates.
- Serve with zesty mayo and any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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