



Parmesan-Crumbed Chicken

with Fries & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Garlic



Lemon



Chicken Breast



Garlic & Herb Seasoning



Panko Breadcrumbs



Grated Parmesan Cheese



Garlic Aioli

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Eat me early

How can you improve on a classic chicken schnitzel? Add cheesy flavour right into the golden crumb coating! With colourful sides of fries and sautéed greens, this dish ended up even better than we imagined!

Pantry items

Olive Oil, Plain Flour, Egg

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
broccoli	1 head	2 heads
carrot	1	2
garlic	1 clove	2 cloves
lemon	½	1
chicken breast	1 packet	1 packet
plain flour*	4 tsp	2½ tbs
garlic & herb seasoning	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	½ packet	1 packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3130kJ (748Cal)	448kJ (107Cal)
Protein (g)	58.3g	8.3g
Fat, total (g)	30.2g	4.3g
- saturated (g)	7.2g	1.0g
Carbohydrate (g)	54.5g	7.8g
- sugars (g)	10.2g	1.5g
Sodium (mg)	1150mg	165mg

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 fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Drizzle with **olive oil**, then season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time!



Get prepped

While the fries are baking, cut the **broccoli** into small florets and roughly chop the stalk. Cut the **carrot** (unpeeled) into half-moons. Finely chop the **garlic**. Slice the **lemon** into wedges. Place the **chicken breast** between two sheets of baking paper and pound the **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm thick.



Crumb the chicken

In a shallow bowl, combine the **plain flour**, **garlic & herb seasoning** and the **salt**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** (see ingredients) and **grated Parmesan cheese**, then season with **salt** and **pepper**. Dip the **chicken** into the **flour mixture**, followed by the **egg**, and finally into the **panko-Parmesan mixture**. Transfer to a plate.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, add the **broccoli** and **carrot** and cook, tossing, until tender, **6-7 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Season to taste with **lemon juice**, **salt** and **pepper**. Transfer to a plate and cover to keep warm.



Cook the chicken

Return the pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the crumbed **chicken** until golden on the outside and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel, then season with **salt** and **pepper**.

TIP: Add extra oil if needed so the chicken doesn't stick to the pan.

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



Serve up

Slice the chicken. Divide the Parmesan-crumbed chicken, fries and veggies between plates. Serve with the **garlic aioli** and any remaining lemon wedges.

Enjoy!