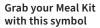
# Parmesan-Crumbed Chicken

with Fries & Garlic Aioli

















Carrot





Chicken Breast

Lemon



Garlic & Herb



Seasoning



**Grated Parmesan** Cheese



**Pantry items** 

Olive Oil, Plain Flour, Egg

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



## 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

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	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	1/2	1	
chicken breast	1 packet	1 packet	
plain flour*	1 tbs	2 tbs	
garlic & herb seasoning	1 sachet	1 sachet	
salt*	1/4 tsp	½ tsp	
egg*	1	2	
panko breadcrumbs	½ packet	1 packet	
grated Parmesan cheese	30g	60g	
garlic aioli	50g	100g	

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	3127kJ (747Cal)	419kJ (100Cal)
Protein (g)	60.9g	8.2g
Fat, total (g)	29.1g	3.9g
- saturated (g)	6.3g	0.8g
Carbohydrate (g)	55.2g	7.4g
- sugars (g)	10.5g	1.4g
Sodium (mg)	1293mg	173mg

## **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 on an oven tray lined with baking paper. Drizzle with **olive oil**, 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, cook the **broccoli** and **carrot**, tossing, until tender, **6-7 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Season with **salt**, **pepper** and **lemon juice** to taste. Transfer to a plate.



## 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 and cooked through, **2-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate lined with paper towel and 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 Parmesan-crumbed chicken. Divide the chicken, fries and veggies between plates. Serve with the **garlic aioli** and any remaining lemon wedges.

## Enjoy!