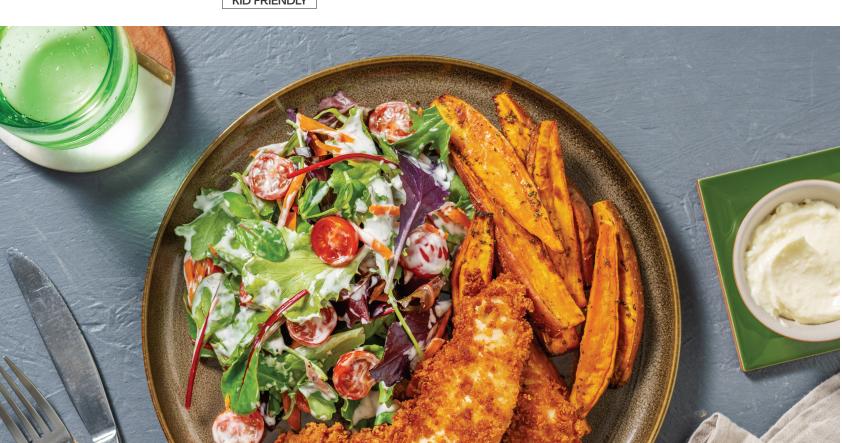


Crumbed Chicken Dippers with Rosemary Sweet Potato Wedges & Salad

KID FRIENDLY



Grab your Meal Kit with this symbol









Carrot



Snacking Tomatoes



Nan's Special Seasoning



Panko Breadcrumbs



Chicken Tenderloins







Ranch Dressing





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

We're officially making chicken (dippers) tonight, so don't be afraid to break out your best chicken dance! We recommend drizzling over



Eat Me Early

the delicious garlic aioli, but these are called dippers, so if you want to grab 'em and dunk 'em, we won't tell anyone. Promise.



Pantry items

Before you start

Wash your hands and any fresh food.

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 \cdot Large frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
rosemary	2 sticks	4 sticks
carrot	1/2	1
snacking tomatoes	1 punnet	2 punnets
Nan's special seasoning	½ medium sachet	1 medium sachet
salt*	½ tsp	1 tsp
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	2 medium packets
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
mixed salad leaves	1 medium bag	1 large bag
ranch dressing	½ packet	1 packet
garlic aioli	1 packet (50g)	1 packet (100g)
shaved Parmesan cheese**	1 packet (26g)	1 packet (52g)

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3024kJ (722Cal)	476kJ (113Cal)
Protein (g)	50.2g	7.9g
Fat, total (g)	30.8g	4.8g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	59.7g	9.4g
- sugars (g)	17.1g	2.7g
Sodium (mg)	1235mg	194mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3232kJ (772Cal)	498kJ (119Cal)
Protein (g)	54.3g	8.4g
Fat, total (g)	34.5g	5.3g
- saturated (g)	6.5g	1g
Carbohydrate (g)	60g	9.3g
- sugars (g)	17.1g	2.6g
Sodium (mg)	1367mg	211mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Bake the wedges

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato into wedges. Pick and finely chop rosemary leaves.
- Place sweet potato on a lined oven tray and sprinkle with rosemary. Drizzle with olive oil, season with salt and toss to coat.
- · Bake until tender, 25-30 minutes.

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

TIP: If your oven tray is crowded, divide the wedges between two trays.



Get prepped

- Meanwhile, grate carrot (see ingredients).
- Halve snacking tomatoes.



Crumb the chicken

- In a shallow bowl, combine Nan's special seasoning (see ingredients), the salt, the plain flour, the egg and a good pinch of pepper.
- In a second shallow bowl, place panko breadcrumbs.
- Dip chicken tenderloins into egg mixture to coat and then into breadcrumbs. Transfer to a plate.

Custom Recipe: If you've added shaved Parmesan cheese, combine with panko breadcrumbs, then coat chicken as above.



Cook the chicken

- In a large frying pan, add enough olive oil to coat the base over medium-high heat. When oil is hot, cook chicken, in batches, until golden and cooked through (when no longer pink inside),
 3-4 minutes each side (depending on thickness).
- Transfer to a paper towel-lined plate.

TIP: Add extra oil between batches so the chicken doesn't stick to the pan.

Custom Recipe: Cook cheesy crumbed chicken, as above.



Make the salad

- While the chicken is cooking, in a medium bowl, combine carrot, tomatoes and mixed salad leaves.
- Add ranch dressing (see ingredients), tossing to coat. Season to taste.



Serve up

- Divide crumbed chicken dippers, rosemary sweet potato wedges and salad between plates.
- · Serve with garlic aioli. Enjoy!

Rate your recipe

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