



# Crumbed Chicken Dippers

with Rosemary Sweet Potato Wedges & Salad

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Rosemary



Carrot



Snacking Tomatoes



Nan's Special Seasoning



Panko Breadcrumbs



Chicken Tenderloins



Mixed Salad Leaves



Ranch Dressing



Garlic Aioli



Shaved Parmesan Cheese

Prep in: 25-35 mins  
Ready in: 25-35 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 drizzling over 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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plain Flour, Egg

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
rosemary	2 sticks	4 sticks
carrot	½	1
snacking tomatoes	1 punnet	2 punnets
Nan's special seasoning	½ medium sachet	1 medium sachet
<b>salt*</b>	½ tsp	1 tsp
<b>plain flour*</b>	1 tbs	2 tbs
<b>egg*</b>	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](https://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.



## 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.



## Get prepped

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



## 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.



## 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.



## 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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