



Crumbed Chicken Strips & Potato Wedges

with Steamed Carrot & Green Beans

Grab your Meal Kit with this symbol



Potato



Green Beans



Carrot



Aussie Spice Blend



Panko Breadcrumbs



Parmesan Cheese



Chicken Tenderloins



Garlic Aioli

Prep in: 20 mins
Ready in: 30 mins

Eat Me Early

A meal that's adult and kid approved? Yes please! Serve up tender crumbed chicken strips alongside veggies and crispy potato wedges - there's nothing stopping everyone in your gang from gobbling it all right up.

Pantry items

Olive Oil, Plain Flour, Egg

SFM



Before you start

Wash your hands and any fresh food.

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

| | |
|---------------------|-----------------|
| | 2 People |
| olive oil* | refer to method |
| potato | 2 |
| green beans | 1 medium bag |
| carrot | 1 |
| plain flour* | 1 tbs |
| Aussie spice blend | 1 medium sachet |
| egg* | 1 |
| panko breadcrumbs | 1 medium packet |
| Parmesan cheese | 1 medium packet |
| chicken tenderloins | 1 small packet |
| garlic aioli | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3017kJ (721Cal) | 467kJ (112Cal) |
| Protein (g) | 51.5g | 8g |
| Fat, total (g) | 32.5g | 5g |
| - saturated (g) | 5.4g | 0.8g |
| Carbohydrate (g) | 53.9g | 8.4g |
| - sugars (g) | 13.9g | 2.2g |
| Sodium (mg) | 1028mg | 159mg |

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 **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

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



Make the chicken strips

- While veggies are steaming, in a shallow bowl, combine the **plain flour** and **Aussie spice blend**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, combine **panko breadcrumbs** and **Parmesan cheese**.
- Dip **chicken tenderloins** into **flour mixture** followed by **egg**, and finally in **panko mixture**. Set aside on a plate.



Get prepped

- Meanwhile, bring a medium saucepan of **water** to the boil.
- Trim **green beans**. Thinly slice **carrot** into half-moons.



Cook the chicken strips

- In a large frying pan, add enough **olive oil** to cover base and heat over medium-high heat.
- When oil is hot, cook crumbed **chicken** in batches, until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the strips do not stick to the pan.

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



Steam the veggies

- Place a colander or steamer basket on top of the saucepan and add **beans** and **carrot**.
- Cover with a lid and steam until tender, **6-7 minutes**.
- Transfer to a medium bowl and season to taste.
- Cover to keep warm.



Serve up

- Divide crumbed chicken strips, wedges and steamed veggies between plates.
- Serve with **garlic aioli**. Enjoy!

Rate your recipe

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