



Mustardy Crumbed Chicken

with Sweet Potato Wedges & Garden Salad

CUSTOMER FAVOURITE

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Snacking Tomatoes



Panko Breadcrumbs



Brown Mustard Seeds



Aussie Spice Blend



Chicken Breast



Dijon Mustard



Garlic Aioli



Mixed Salad Leaves



Salmon

Prep in: 20-30 mins
Ready in: 30-40 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart



Eat Me Early

This meal is a collection of all of our favourite flavours that just seem to give off the best golden crunch. Coat chicken in mustard and then pop it into the oven to crisp up to golden perfection. Pair your chicken with some golden sweet potato wedges and a bright salad and thank us later!

CUSTOM RECIPE

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
snacking tomatoes	1 punnet	2 punnets
panko breadcrumbs	½ medium packet	1 medium packet
brown mustard seeds	1 medium sachet	2 medium sachets
Aussie spice blend	1 medium sachet	1 large sachet
chicken breast	1 small packet	2 small packets OR 1 large packet
Dijon mustard	1 packet	2 packets
garlic aioli	1 large packet	2 large packets
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
salmon**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2568kJ (614Cal)	471kJ (113Cal)
Protein (g)	42.4g	7.8g
Fat, total (g)	29.1g	5.3g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	44.4g	8.1g
- sugars (g)	14g	2.6g
Sodium (mg)	770mg	141mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3072kJ (734Cal)	590kJ (141Cal)
Protein (g)	37g	7.1g
Fat, total (g)	44.7g	8.6g
- saturated (g)	5.7g	1.1g
Carbohydrate (g)	45.6g	8.8g
- sugars (g)	14g	2.7g
Sodium (mg)	743mg	143mg

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



1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

2



Get prepped

- Meanwhile, halve **snacking tomatoes**.
- In a small bowl, combine **panko breadcrumbs** (see ingredients) and **brown mustard seeds**.

3



Crumb the chicken

- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken breast**, turning to coat.
- Place **chicken breast** on a second lined oven tray. In a second small bowl, combine **Dijon mustard** and **garlic aioli**. Spread half the **mustard aioli** over top of the **chicken**.
- Spoon over **panko mixture**, gently pressing so it sticks.

Custom Recipe: If you've swapped to salmon, pat salmon dry with paper towel and add to bowl with Aussie spice blend, gently turning to coat. Place salmon skin-side down on a second lined oven tray. Spread half the mustard aioli over top of salmon. Spoon over panko mixture, gently pressing so it sticks.

4



Bake the chicken

- Drizzle chicken with **olive oil**.
- Bake until crumb is golden and chicken is cooked through, **16-20 minutes**.

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

Custom Recipe: Drizzle salmon with olive oil. Bake until crumb is golden and salmon is just cooked through, 8-12 minutes.

5



Toss the salad

- While chicken is baking, in a second medium bowl, combine a drizzle of **vinegar** and **olive oil**. Season to taste.
- Just before serving, add **snacking tomatoes** and **mixed salad leaves**. Toss to coat.

6



Serve up

- Divide wedges, mustardy crumbed chicken and garden salad between plates.
- Serve with remaining mustard aioli. Enjoy!

Custom Recipe: Divide wedges, mustard crumbed salmon and garden salad between plates.

Rate your recipe

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