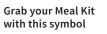


Mustardy Crumbed Chicken with Sweet Potato Wedges & Garden Salad

CUSTOMER FAVOURITE

KID FRIENDLY







Sweet Potato





Panko Breadcrumbs





Brown Mustard



Aussie Spice



Blend



Dijon Mustard







Mixed Salad Leaves





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

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!

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

9				
	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





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.



Get prepped

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



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.



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.



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.



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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