

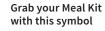
Crumbed Chicken Dippers & Rosemary Wedges

with Cherry Tomato & Ranch Salad

KID FRIENDLY

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY













Carrot





Snacking Tomatoes



Nan's Special Seasoning







Chicken Tenderloins



Leaves



Ranch Dressing









Eat Me Early

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

Air fryer or oven tray lined with baking paper \cdot Large frying pan

Ingredients

	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 medium packet	2 medium packets
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	1 large packet
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 medium packet	1 large packet
ranch dressing	½ medium packet	1 medium packet
garlic aioli	1 medium packet	1 large packet
Parmesan cheese**	1 medium packet	1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3014kJ (720Cal)	474kJ (113Cal)
Protein (g)	50.2g	7.9g
Fat, total (g)	31g	4.9g
- saturated (g)	4g	0.6g
Carbohydrate (g)	59.1g	9.3g
- sugars (g)	16.8g	2.6g
Sodium (mg)	1125mg	177mg
Dietary Fibre (g)	12.7g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3222kJ (770Cal)	496kJ (119Cal)
Protein (g)	54.3g	8.4g
Fat, total (g)	34.6g	5.3g
- saturated (g)	6.6g	1g
Carbohydrate (g)	59.3g	9.1g
- sugars (g)	16.9g	2.6g
Sodium (mg)	1257mg	194mg
Dietary Fibre	12.7g	2g

The quantities provided above are averages only

Alleraens

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.



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 and rosemary on a lined oven tray. 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, plain flour, egg and a good pinch of pepper.
- In a second shallow bowl, combine a drizzle of olive oil and panko breadcrumbs.
- Dip chicken tenderloins into egg mixture to coat and then into breadcrumbs. Transfer to a plate.

Little cooks: Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers!

Custom Recipe: If you've added Parmesan cheese, add Parmesan to panko breadcrumbs as above. Crumb chicken as above.



Cook the chicken

 Set air fryer to 200°C. Place crumbed chicken into the air fryer basket and cook until golden and cooked through (when no longer pink inside), 12-15 minutes.

TIP: No air fryer? 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.



Make the salad

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

Little cooks: *Take the lead by tossing the salad!*



Serve up

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

Custom Recipe: Divide crumbed cheesy chicken dippers, rosemary sweet potato wedges and cherry tomato and ranch salad between plates.



Scan here if you have any questions or concerns



