

Southern Fried Chicken & Cheddar Biscuits

with Apple Slaw & Gravy

SKILL UP

KID FRIENDLY

NEW

Grab your meal kit with this number

37



Spring Onion



Apple



Chicken Breast



All-American Spice Blend



Basic Sponge Mix



Cheddar Cheese



Cornflour



Shredded Cabbage Mix



Baby Spinach Leaves



Gravy Granules



Diced Bacon



Cheddar Cheese

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

Here to challenge your inner chefs, our new 'skill up' recipes will take you from zero to hero. Learn how to whip up some American-style biscuits from scratch - these flaky morsels are ideal for soaking up some rich gravy. Delish!

Pantry items

Olive Oil, Butter, Milk, Plain Flour, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
olive oil*	refer to method	refer to method
butter*	80g	160g
spring onion	1 stem	2 stems
apple	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
basic sponge mix	1 medium packet	2 medium packets
Cheddar cheese	1 medium packet	1 large packet
milk*	¼ cup	½ cup
cornflour	1 medium sachet	1 large sachet
plain flour*	1 tbs	2 tbs
shredded cabbage mix	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4662kJ (1114Cal)	863kJ (206Cal)
Protein (g)	57.6g	10.7g
Fat, total (g)	50.5g	9.4g
- saturated (g)	28.2g	5.2g
Carbohydrate (g)	105g	19.4g
- sugars (g)	18g	3.3g
Sodium (mg)	2528mg	468mg
Dietary Fibre (g)	8.5g	1.6g

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.



Get prepped

- Preheat the oven to **220°C/200°C fan-forced**.
- Measure the **butter** (80g for 2 people / 160g for 4 people), chop into small cubes and set aside.
- Thinly slice **spring onion**.
- Thinly slice **apple** into sticks.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **All-American spice blend** and a drizzle of **olive oil**. Add **chicken** and toss to combine. Set aside.



Cook the chicken

- Meanwhile, heat a large frying pan over medium-high heat with enough **olive oil** to cover the base. To the bowl with the chicken, add **cornflour** and the **plain flour**, toss to combine.
- When oil is hot, dust off any excess flour from chicken and cook until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a paper towel-lined plate.



Make the biscuit mix

- To a large bowl, add the measured **butter** and **basic sponge mix**. Using finger tips, rub the **butter** into the **flour mix**, until resembling fine breadcrumbs.
- Add the **spring onion**, **Cheddar cheese** and the **milk**. Gently mix until the dough comes together.

TIP: Careful not to overmix the dough!

TIP: Don't worry if the dough is slightly crumbly, gently press to bring together.



Bring it all together

- While the chicken is cooking, boil the kettle.
- In a large bowl, combine **shredded cabbage mix**, **apple**, **baby spinach leaves**, a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.
- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.



Bake the biscuits

- Tip the **dough** onto a lined oven tray and press into a 12cm x 15cm rectangle, around 3cm thick.
- Cut the **dough** into 6 even rectangles and gently separate. Brush the tops of the biscuits with a splash of **milk**.
- Bake until lightly browned, **15-18 minutes**.



Serve up

- Slice chicken (if preferred).
- Divide Southern fried chicken, Cheddar biscuits and apple slaw between plates.
- Serve with gravy. Enjoy!

TIP: Spread extra butter over the biscuits to serve if you'd like.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS

+ ADD DICED BACON

Cook bacon, breaking up with a spoon, 4-6 minutes.

+ DOUBLE CHEDDAR CHEESE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

