

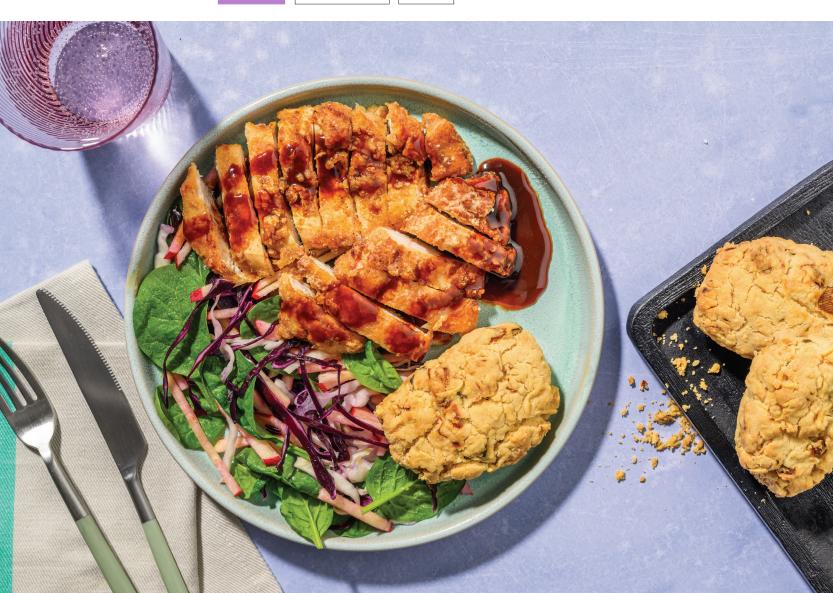
Southern Fried Chicken & Cheddar Biscuits

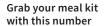
with Apple Slaw & Gravy

SKILL UP

KID FRIENDLY

NEW









Spring Onion





Chicken Breast





Spice Blend



Basic Sponge Mix









Cornflour

Shredded Cabbage



Baby Spinach Leaves



Gravy Granules



Diced Bacon



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



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

9		
	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*	1/4 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.



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.



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.



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.



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 (1/2 cup for 2 people / 1 cup for 4 people), whisking, until smooth, 1 minute.



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.



