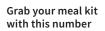


Herby Chicken & Almond Crumb Sprinkle with Sesame Pumpkin & Beetroot Salad

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY













Sesame Seeds









Garlic & Herb Seasoning





Roasted Almonds

Panko Breadcrumbs



Baby Spinach



Mayonnaise





Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me First



Protein Rich



Carb Smart

Another air-fryer friendly recipe is on the menu tonight. Garlic and herb chicken and sesame veggies will crisp up to perfection in the air fryer, while you whip up a quick almond crumb in a frying pan. Plate it all up and watch how the pangrattato takes this simple salad to new heights!

Pantry items

Olive Oil, 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

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

Ingredients

	9		
		2 People	4 People
	olive oil*	refer to method	refer to method
	beetroot	1	2
	peeled & chopped pumpkin	1 small packet	1 medium packet
	sesame seeds	1 medium packet	1 large packet
	chicken breast	1 medium packet	2 medium packets OR 1 large packet
	garlic & herb seasoning	1 medium sachet	2 medium sachets
	garlic	2 cloves	4 cloves
	roasted almonds	1 medium packet	1 large packet
	panko breadcrumbs	½ medium packet	1 medium packet
	baby spinach leaves	1 medium packet	1 large packet
	white wine vinegar*	drizzle	drizzle
	mayonnaise	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3047kJ (728cal)	235kJ (56cal)
Protein (g)	48.7g	10.6g
Fat, total (g)	25.6g	5.6g
- saturated (g)	2.9g	0.6g
Carbohydrate (g)	31.5g	6.9g
- sugars (g)	16.2g	3.5g
Sodium (mg)	683mg	149mg
Dietary Fibre (g)	12.6g	2.7g

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.



Cook the veggies

- Cut beetroot into 1cm chunks.
- In a large bowl, combine beetroot, peeled & chopped pumpkin, sesame seeds, a drizzle of olive oil and a pinch of salt and pepper.
- Set air fryer to 200°C. Place beetroot and pumpkin into the air fryer basket and cook for 10 minutes. Shake the basket, then cook until tender, a further 5-10 minutes. Transfer to a bowl and set aside to cool slightly.

TIP: No air fryer? Preheat oven to 220°C/200°C fan-forced. Place veggies on a lined oven tray. Drizzle with olive oil, sprinkle with sesame seeds and season with salt and pepper. Toss to coat. Roast until tender, 20-25 minutes.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Make the almond crumb

- While chicken is cooking, finely chop garlic and roasted almonds.
- In a large frying pan, heat a good drizzle of olive oil over medium-high heat.
 Cook panko breadcrumbs (see ingredients), stirring, until golden,
 3 minutes. Add garlic and almonds, then cook until fragrant, 1-2 minutes.
 Transfer to a bowl and season to taste.



Cook the chicken

- Meanwhile, slice chicken breast into strips.
- In a medium bowl, combine chicken, garlic & herb seasoning, a drizzle of olive oil and a pinch of salt and pepper.
- Once veggies are done, place chicken into the air fryer basket and cook until browned and cooked through (when no longer pink inside), 8-10 minutes (cook in batches if needed).

TIP: No air fryer? In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken until browned and cooked through (when no longer pink inside), 3-4 minutes each side.



Serve up

- To bowl with roasted veggies, add baby spinach leaves and a drizzle of white wine vinegar. Gently toss to combine and season to taste.
- Divide sesame pumpkin and beetroot salad between plates. Top with herby chicken, sprinkling over the almond crumb.
- · Serve with mayonnaise. Enjoy!









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

