



Herby Chicken & Almond Crumb Sprinkle

with Sesame Pumpkin & Beetroot Salad

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY

Grab your meal kit with this number

5



Beetroot



Peeled & Chopped Pumpkin



Sesame Seeds



Chicken Breast



Garlic & Herb Seasoning



Garlic



Roasted Almonds



Panko Breadcrumbs



Baby Spinach Leaves



Mayonnaise



Salmon



Chicken Tenderloins

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



Protein Rich



Carb Smart



Eat Me First

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 · Large frying pan

Ingredients

	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.

We're here to help!

Scan here if you have any questions or concerns

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1



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.

3



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.

CUSTOM OPTIONS



SWAP TO SALMON

Cook until just cooked through, 2-4 minutes each side.



SWAP TO CHICKEN TENDERLOINS

Follow method above, cooking for 3-4 minutes each side.

2



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.

4



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.

