



# Crumbed Chicken Strips

with Potato Wedges & Steamed Veggies

Grab your Meal Kit with this symbol



Potato



Green Beans



Carrot



Aussie Spice Blend



Panko Breadcrumbs



Shaved Parmesan Cheese



Chicken Tenderloins



Mayonnaise

Prep in: 20 mins  
Ready in: 30 mins

Eat Me Early

A meal that's adult and kid approved? Yes please! Serve up tender crumbed chicken strips alongside veggies and crispy potato wedges - there's nothing stopping everyone in your gang from gobbling it all right up.

### Pantry items

Olive Oil, Plain Flour, Egg

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	<b>2 People</b>
<b>olive oil*</b>	refer to method
potato	2
green beans	1 medium bag
carrot	1
<b>plain flour*</b>	1 tbs
Aussie spice blend	1 medium sachet
<b>egg*</b>	1
panko breadcrumbs	1 medium packet
shaved Parmesan cheese	1 medium packet
chicken tenderloins	1 small packet
mayonnaise	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3025kJ (723Cal)	469kJ (112Cal)
Protein (g)	51.5g	8g
Fat, total (g)	32.5g	5g
- saturated (g)	5.4g	0.8g
Carbohydrate (g)	54.7g	8.5g
- sugars (g)	13.7g	2.1g
Sodium (mg)	1034mg	160mg

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](https://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 **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

**TIP:** If your oven tray is crowded, divide wedges between two trays.



## Get prepped

- Meanwhile, bring a medium saucepan of **water** to the boil.
- Trim **green beans**. Thinly slice **carrot** into half-moons.



## Steam the veggies

- Place a colander or steamer basket on top of the saucepan and add **beans** and **carrot**.
- Cover with a lid and steam until tender, **6-7 minutes**.
- Transfer to a medium bowl and season to taste.
- Cover to keep warm.



## Make the chicken strips

- While veggies are steaming, in a shallow bowl, combine the **plain flour** and **Aussie spice blend**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, combine **panko breadcrumbs** and **shaved Parmesan cheese**.
- Dip **chicken tenderloins** into **flour mixture** followed by **egg**, and finally in **panko mixture**. Set aside on a plate.



## Cook the chicken strips

- In a large frying pan, add enough **olive oil** to cover base and heat over medium-high heat.
- When oil is hot, cook crumbed **chicken** in batches, until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

**TIP:** Add extra oil if needed so the chicken strips do not stick to the pan.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Serve up

- Divide crumbed chicken strips, wedges and steamed veggies between plates.
- Serve with **mayonnaise**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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