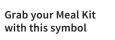


Crumbed Chicken Strips

with Potato Wedges & Steamed Veggies





Pantry items Olive Oil, Plain Flour, Egg

Prep in: 20 mins Ready in: 30 mins

1 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.

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 \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

	2 People
olive oil*	refer to method
potato	2
green beans	1 medium bag
carrot	1
plain flour*	1 tbs
Aussie spice blend	1 medium sachet
egg*	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** 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 2023 | CW13



Rate your recipe Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate