

Crumbed Chicken Dippers

with Rosemary Wedges & Salad

Grab your Meal Kit with this symbol



Potato



Rosemary



Carrot



Tomato



Nan's Special Seasoning



Panko Breadcrumbs



Chicken Tenderloins



Mixed Salad Leaves



Ranch Dressing



Garlic Aioli

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 30-40 mins
 Ready in: 35-45 mins

Eat Me Early

We're officially making chicken (dippers) tonight, with a flavour boost from Nan's special seasoning. We recommend drizzling over the garlic aioli, but these are called dippers, so if you need to grab 'em and dunk 'em, we won't tell anyone. Promise.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
rosemary	2 sticks	4 sticks
carrot	½	1
tomato	1	2
Nan's special seasoning	½ sachet	1 sachet
salt*	½ tsp	1 tsp
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken tenderloins	1 small packet	1 large packet
mixed salad leaves	1 medium bag	1 large bag
ranch dressing	½ packet	1 packet
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3070kJ (733Cal)	516kJ (123Cal)
Protein (g)	50.2g	8.4g
Fat, total (g)	30.9g	5.2g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	59.2g	9.9g
- sugars (g)	18.8g	3.2g
Sodium (mg)	1101mg	185mg

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.

1



Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges. Pick and finely chop the **rosemary leaves**. Place the **potato** and **rosemary** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily!

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

2



Get prepped

While the wedges are baking, grate the **carrot** (see ingredients). Roughly chop the **tomato**.

3



Crumb the chicken

In a shallow bowl, combine **Nan's special seasoning** (see ingredients), the **salt**, **plain flour** and a good pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken tenderloins** into the **flour mixture**, then into the **egg** and finally into the **panko breadcrumbs**. Transfer to a plate.

4



Cook the chicken

In a large frying pan, add enough **olive oil** to coat the base over a medium-high heat. When the oil is hot, cook the **chicken**, in batches, until golden and cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate lined with paper towel.

TIP: Add extra oil between batches so the chicken doesn't stick to the pan.

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

5



Make the salad

While the chicken is cooking, combine the **carrot**, **tomato** and **mixed salad leaves** in a medium bowl. Add the **ranch dressing** (see ingredients), tossing to coat. Season to taste.

6



Serve up

Divide the crumbed chicken dippers, rosemary wedges and salad between plates. Serve with the **garlic aioli**.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

