



# Crumbed Chicken & Roast Veggie Toss

with Garlic Aioli

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Red Onion



Tomato



Aussie Spice Blend



Panko Breadcrumbs



Chicken Thigh



Baby Spinach Leaves



Fetta Cubes



Garlic Aioli



Chicken Breast

Prep in: 30-40 mins  
Ready in: 40-50 mins

Eat Me Early

It's schnitty night tonight, so we are calling all crumbed chicken fans to turn up for this one! First, tasty chicken thigh is seared in a frying pan and then popped into the oven, which allows it to get even juicier than it was before. Served with a fetta roast veggie toss, this meal is the whole package.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
carrot	1	2
red onion	1	2
tomato	1	2
<b>plain flour*</b>	1 tbs	2 tbs
Aussie spice blend	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken thigh	1 small packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
fetta cubes	1 small packet	1 medium packet
garlic aioli	1 packet	1 packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3185kJ (761Cal)	451kJ (108Cal)
Protein (g)	44.1g	6.2g
Fat, total (g)	35.1g	5g
- saturated (g)	6.6g	0.9g
Carbohydrate (g)	66.4g	9.4g
- sugars (g)	25.1g	3.6g
Sodium (mg)	942mg	133mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3115kJ (745Cal)	441kJ (105Cal)
Protein (g)	46.9g	6.6g
Fat, total (g)	31.8g	4.5g
- saturated (g)	5.6g	0.8g
Carbohydrate (g)	66.4g	9.4g
- sugars (g)	25.1g	3.6g
Sodium (mg)	929mg	132mg

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.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Preheat the oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** and **carrot** into bite-sized chunks.
- Cut **red onion** and **tomato** into thin wedges.



## Cook the chicken

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat. Cook crumbed **chicken** in batches until golden, **2-3 minutes** each side.
- Transfer to a second lined oven tray. Cook until chicken is cooked through (when no longer pink inside), **12-14 minutes**.

**TIP:** Add extra oil between batches if necessary.

**Custom Recipe:** Heat a large frying pan as directed above. Cook crumbed chicken in batches until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.



## Roast the veggies

- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.

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



## Bring it all together

- When the veggies are done, add **baby spinach leaves** to oven tray and drizzle with **olive oil** and **vinegar**. Toss to combine.



## Crumb the chicken

- While the veggies are roasting, in a shallow bowl, combine the **plain flour**, **Aussie spice blend** and a good pinch of **pepper**.
- In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken thigh** into **flour mixture** to coat, then into **egg**, and finally in **breadcrumbs**. Set aside on a plate.

**Custom Recipe:** If you've swapped to chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm. Crumb chicken as above. Set aside on a plate.



## Serve up

- Slice the chicken.
- Divide crumbed chicken and roast veggie toss between plates.
- Crumble over **fetta cubes**. Serve with **garlic aioli**. Enjoy!

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