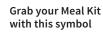


Lemony Crumbed Chicken & Creamy Pesto with Fetta Salad & Sweet Potato Wedges

MONTHLY SPECIAL

KID FRIENDLY







Sweet Potato







Snacking Tomatoes

Chicken Breast



Panko Breadcrumbs





Dijon Mustard



Mixed Salad

Lemon Pepper

Seasoning



Fetta Cubes



Creamy Pesto Dressing





Prep in: 30-40 mins Ready in: 35-45 mins Eat Me First

Coat juicy chicken breast with a zesty crumb for a dinner sure to please. Pop some SP wedges in the oven and whip up a creamy fetta salad with sweet bursts of cherry tomato and a tangy Dijon dressing and your sides will get a big tick of approval too!

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

Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
carrot	1	2		
snacking tomatoes	½ punnet	1 punnet		
chicken breast	1 small packet	1 large packet		
plain flour*	2 tbs	1/4 cup		
salt*	1/4 tsp	½ tsp		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
lemon pepper seasoning	½ medium sachet	1 medium sachet		
Dijon mustard	½ packet	1 packet		
white wine vinegar*	drizzle	drizzle		
mixed salad leaves	1 medium bag	2 medium bags		
fetta cubes	1 medium packet	1 large packet		
creamy pesto dressing	1 packet (50g)	1 packet (100g)		
salmon**	1 small packet	1 large packet		
*Pantry Items **Custom Recipe Ingredient				

*Custom Recipe Ingredien

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2938kJ (702Cal)	459kJ (110Cal)
Protein (g)	48.7g	7.6g
Fat, total (g)	27.6g	4.3g
- saturated (g)	5.8g	0.9g
Carbohydrate (g)	62.1g	9.7g
- sugars (g)	18.1g	2.8g
Sodium (mg)	1029mg	161mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3534kJ (845Cal)	574kJ (137Cal)
Protein (g)	44g	7.1g
Fat, total (g)	45.4g	7.4g
- saturated (g)	8.3g	1.3g
Carbohydrate (g)	63.6g	10.3g
- sugars (g)	18.1g	2.9g
Sodium (mg)	982mg	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.

We're here to help!

Scan here if you have any questions or concerns





Bake the sweet potato fries

- Preheat oven to 240°C/220°C fan-forced. Cut sweet potato into wedges.
- Place wedges on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.

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



Get prepped

- · Meanwhile, grate carrot. Halve snacking tomatoes (see ingredients).
- Place chicken breast between two sheets of baking paper. Pound with a meat mallet or rolling pin until even in thickness, about 1cm-thick.



Crumb the chicken

- In a shallow bowl, combine **plain flour**, the **salt** and a pinch of **pepper**. In a second shallow bowl, whisk the egg. In a third shallow bowl, combine panko breadcrumbs, lemon pepper seasoning (see ingredients) and a pinch of salt and pepper.
- Dip chicken into **flour mixture** to coat, then into egg, and finally in breadcrumbs. Set aside.

Custom Recipe: If you've swapped to salmon, bring pan to medium-high heat with a good drizzle of olive oil. Add panko breadcrumbs, lemon pepper seasoning (see ingredients) and a pinch of salt and pepper. Cook, stirring, until golden, 2-3 minutes. Transfer to a bowl.



Cook the chicken

• In a large frying pan, heat enough olive oil to cover the base over medium-high heat. When oil is hot, 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.

Custom Recipe: Return the pan to a medium-high heat with a drizzle of olive oil. Pat salmon dry with paper towel (this helps it crisp up in the pan!) and season both sides with a pinch of salt and pepper. When the oil is hot, add salmon, skin-side down first, and cook until just cooked through, 2-4 minutes each side (depending on thickness). Transfer to a plate to rest.



Toss the salad

- · While chicken is cooking, in a large bowl, combine Dijon mustard (see ingredients), the white wine vinegar and a drizzle of olive oil (1 tbs for 2 people / 2 tbs for 4 people).
- Season, then add mixed salad leaves, carrot and tomatoes. Toss to coat.



Serve up

- · Slice chicken.
- · Divide lemony crumbed chicken, salad and sweet potato wedges between plates. Crumble fetta cubes over salad.
- · Serve with creamy pesto dressing. Enjoy!

Custom Recipe: Sprinkle lemon pepper crumb over salmon to serve.



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate