



Lemony Crumbed Chicken & Creamy Pesto

with Fetta Salad & Sweet Potato Wedges

MONTHLY SPECIAL

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Snacking Tomatoes



Chicken Breast



Panko Breadcrumbs



Lemon Pepper Seasoning



Dijon Mustard



Mixed Salad Leaves



Fetta Cubes



Creamy Pesto Dressing



Salmon

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

	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	¼ cup
salt*	¼ 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 (50g)	1 packet	1 packet (100g)
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

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](https://www.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



1



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.

4



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.

2



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.

5



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.

3



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.

6



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.

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