



# Zesty Crumbed Chicken & Sweet Potato Fries

with Pesto Fetta Salad

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



Salad Leaves



Fetta Cubes



Creamy Pesto Dressing



Haloumi

Prep in: 30-40 mins  
Ready in: 35-45 mins

Eat Me Early

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
<b>olive oil*</b>	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
<b>plain flour*</b>	2 tbs	¼ cup
<b>salt*</b>	¼ tsp	½ tsp
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
lemon pepper seasoning	½ medium sachet	1 medium sachet
Dijon mustard	½ packet (7.5g)	1 packet (15g)
<b>white wine vinegar*</b>	drizzle	drizzle
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)
haloumi**	1 packet	2 packets

\*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)	3329kJ (796Cal)	589kJ (141Cal)
Protein (g)	32.5g	5.7g
Fat, total (g)	45.2g	8g
- saturated (g)	18.6g	3.3g
Carbohydrate (g)	63.3g	11.2g
- sugars (g)	19.1g	3.4g
Sodium (mg)	1976mg	349mg

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



1



## Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into fries.
- Place **fries** 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 fries between two trays.

**Custom Recipe:** If you've swapped to haloumi, in a medium bowl, add haloumi and cover with water.

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, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

**TIP:** Add extra oil if needed so the chicken doesn't stick to the pan!

**Custom Recipe:** In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook haloumi until golden brown, 2 minutes each side. Set aside on a paper towel-lined plate.

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, combine **Dijon mustard** (see ingredients), **white wine vinegar** and some **olive oil** (1 tbs for 2 people / 2 tbs for 4 people) in a large bowl.
- Season, then add **salad leaves, carrot and tomatoes**. Toss to coat.

**Little cooks:** Take the lead by tossing the salad!

3



## Crumb the chicken

- In a shallow bowl, combine **plain flour**, the **salt** and a good 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 into **breadcrumb mixture**. Set aside on a plate.

**Custom Recipe:** Drain haloumi and pat dry. Cut haloumi into 1cm-thick slices. Prep crumbing station as above. Dip the haloumi slices into the flour mixture, followed by egg, and finally in the panko breadcrumbs. Set aside on a plate.

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!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)