

Zesty Crumbed Chicken & Sweet Potato Fries

with Pesto Fetta Salad

MONTHLY SPECIAL **KID FRIENDLY**



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

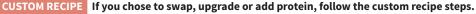
1 Eat Me Early



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!

Pantry items Olive Oil, Plain Flour, Egg, White Wine Vinegar

Grab your Meal Kit with this symbol



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	1⁄4 cup
salt*	1⁄4 tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
lemon pepper seasoning	1/2 medium sachet	1 medium sachet
Dijon mustard	1⁄2 packet (7.5g)	1 packet (15g)
white wine vinegar*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!





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.



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.



Get prepped

Toss the salad

4 people) in a large bowl.

tomatoes. Toss to coat.

• While chicken is cooking, combine Dijon

• Season, then add salad leaves, carrot and

Little cooks: Take the lead by tossing the salad!

mustard (see ingredients), white wine vinegar

and some olive oil (1 tbs for 2 people / 2 tbs for

- 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 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.



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!

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