



Zesty Crumbed Chicken & Sweet Potato Fries

with Fetta-Topped Salad

POPULAR PICKS

KID FRIENDLY

Grab your meal kit with this number

53



Sweet Potato



Carrot



Tomato



Chicken Breast



One-Step Coater



Lemon Pepper Seasoning



Mixed Salad Leaves



Fetta Cubes



Garlic Aioli



Diced Bacon



Salmon

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

Protein Rich

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 tomato, and your sides will get a big tick of approval, too!

Before you start

All ingredients are portioned according to plan size.

Wash hands and fresh veggies.

Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2P	3P	4P	5P	6P	
olive oil*			refer to method			
sweet potato	2	3	4	5	6	
carrot	1	1	2	2	3	
tomato	1	1	2	2	3	
chicken breast (grams)	330g	495g	660g	825g	990g	
one-step coater (sachet(s))	1	2	2	3	3	
lemon pepper seasoning (sachet(s))	½	1	1	1½	1½	
white wine vinegar* (tbsp(s))	1	2	2	3	3	
mixed salad leaves (packet(s))	1	2	2	3	3	
fetta cubes (packet(s))	1	1	1	2	2	
garlic aioli (packet(s))	1	1	1	2	2	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3190kJ (763Cal)	536kJ (128Cal)
Protein (g)	52.8g	8.9g
Fat, total (g)	30.6g	5.1g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	68.5g	11.5g
- sugars (g)	18.3g	3.1g
Sodium (mg)	1090mg	183mg
Dietary Fibre (g)	10.1g	1.7g

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.

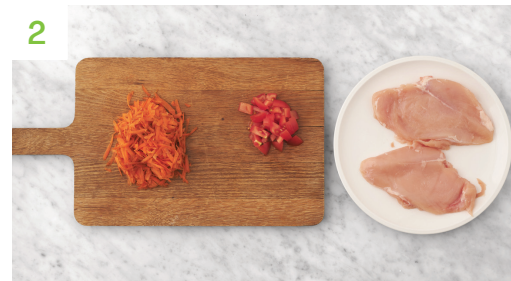
If you have received a substitute ingredient, please be aware allergens may have changed.



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.



Get prepped

- Meanwhile, grate **carrot**.
- Roughly chop **tomato**.
- 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 **one-step coater**, **lemon pepper seasoning** (see ingredients) and a pinch of **salt** and **pepper**.
- Dip **chicken** into **crumb mixture** to coat. Set aside on a plate.

Little cooks: Help crumb the chicken! Make sure to wash your hands well afterwards.



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!



Toss the salad

- While chicken is cooking, combine **white wine vinegar** and a drizzle of **olive oil** in a large bowl.
- Season to taste with **salt** and **pepper**, then add **mixed salad leaves, carrot** and **tomato**. Toss to coat.

Little cooks: Take the lead by tossing the salad!



Finish & serve

- Slice chicken.
- Divide zesty crumbed chicken, salad and sweet potato wedges between plates.
- Crumble **fetta cubes** over salad.
- Serve with **garlic aioli**. Enjoy!

Little cooks: Add the finishing touch by crumbling the fetta over the salad!

We're here to help!

Scan here if you have any questions or concerns



2026 | CW05

CUSTOM OPTIONS

+ DICED BACON:

Cook with a drizzle of olive oil, breaking up with a spoon, until golden, 4-6 minutes. Toss through salad.

🔥 SALMON:

Cook over high heat with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

