



# Almond & Garlic Crumbed Chicken

with Sweet Potato Fries & Garden Salad

Grab your Meal Kit with this symbol



Sweet Potato



Roasted Almonds



Garlic



Panko Breadcrumbs



Chicken Breast



Dill & Parsley Mayonnaise



Cherry Tomatoes



Cucumber



Mixed Salad Leaves

Hands-on: **20-30 mins**  
Ready in: **35-45 mins**

Eat me early

This is crumbed chicken with that extra crunch factor! First, it's spread with herbed mayo and then it's topped with a mixture of panko breadcrumbs and chopped roasted almonds. There's no dipping in egg and flour, and the result is a total game changer.

### Pantry items

Olive Oil, Balsamic Vinegar, Honey



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
roasted almonds	½ packet	1 packet
garlic	1 clove	2 cloves
panko breadcrumbs	½ packet	1 packet
chicken breast	1 small packet	1 large packet
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
cherry tomatoes	½ punnet	1 punnet
cucumber	1	2
balsamic vinegar*	1 tsp	2 tsp
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2935kJ (701Cal)	500kJ (119Cal)
Protein (g)	40.9g	7g
Fat, total (g)	39.4g	6.7g
- saturated (g)	5.8g	1g
Carbohydrate (g)	43.4g	7.4g
- sugars (g)	16.2g	2.8g
Sodium (mg)	240mg	41mg

## 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.



## 1. Roast the sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 2cm fries. Place the **sweet potato** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season and toss to coat. Roast until tender, **30-35 minutes**.

**TIP:** Cut the sweet potato to size so it cooks in time.



## 2. Prep the crumb

While the sweet potato is roasting, roughly chop the **roasted almonds** (see ingredients list). Finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **panko breadcrumbs**, chopped **almonds**, **garlic**, a **generous drizzle of olive oil** and a **good pinch of salt and pepper**. Stir to combine.



## 3. Prep the chicken

Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they're an even thickness, about 2cm thick.



## 4. Bake the chicken

Season the flattened **chicken breast** all over with **salt** and **pepper** and place on a second oven tray lined with baking paper. Spread **1/2** the **dill & parsley mayonnaise** over the **chicken breast** and spoon over the **almond crumb**. Press down gently to help it stick. Bake until the crust is golden and the **chicken** is cooked through, **12-15 minutes**.

**TIP:** The chicken is cooked through when it's no longer pink inside.



## 5. Make the salad

While the chicken is baking, halve the **cherry tomatoes** (see ingredients list). Thinly slice the **cucumber** into half-moons. In a medium bowl, combine **olive oil** (**3 tsp for 2 people, 1 1/2 tbs for 4 people**), the **balsamic vinegar** and **honey**. Add the **cherry tomatoes**, **cucumber** and **mixed salad leaves**. Toss to combine.



## 6. Serve up

Divide the sweet potato fries, almond and garlic crumbed chicken and garden salad between plates. Serve with the remaining dill & parsley mayonnaise.

**Enjoy!**