



Crispy Chicken Strips

with Wedges & Steamed Veggies

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Aussie Spice Blend



Panko Breadcrumbs



Grated Parmesan Cheese



Chicken Tenderloins



Mayonnaise

Prep in: 20 mins
Ready in: 30 mins

A meal that's adult and kid approved? Yes please! Serve up tender crumbed chicken strips alongside veggies and crispy potato wedges - there's nothing stopping everyone in your gang from gobbling it all right up.

Pantry items

Olive Oil, Plain Flour, Egg

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

Oven tray lined with baking paper ·
Medium saucepan with a lid · Large frying pan

Ingredients

	2 People
olive oil*	refer to method
potato	2
broccoli	1 head
carrot	1
plain flour*	1 tbs
Aussie spice blend	1 medium sachet
egg*	1
panko breadcrumbs	1 medium packet
grated Parmesan cheese	1 packet (30g)
chicken tenderloins	1 small packet
mayonnaise	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3219kJ (769Cal)	446kJ (107Cal)
Protein (g)	58.7g	8.1g
Fat, total (g)	33.6g	4.7g
- saturated (g)	5.6g	0.8g
Carbohydrate (g)	53.7g	7.4g
- sugars (g)	11.3g	1.6g
Sodium (mg)	1087mg	150mg

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.

1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.

2



Get prepped

- When the wedges have **20 minutes** remaining, bring a medium saucepan of water to the boil.
- Chop **broccoli** (including stalk!) into small florets. Thinly slice **carrot** into half-moons.

3



Steam the veggies

- Place a colander or steamer basket on top of the saucepan and add **broccoli** and **carrot**.
- Cover with a lid and steam until tender, **10 minutes**.
- Transfer to a medium bowl and season to taste. Cover to keep warm.

4



Crumb the chicken strips

- While the veggies are steaming, combine the **plain flour** and **Aussie spice blend** in a shallow bowl.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, combine **panko breadcrumbs** and **grated Parmesan cheese**.
- Dip **chicken tenderloins** into **flour mixture**, followed by **egg**, and finally in **panko breadcrumbs**. Set aside on a plate.

Little cooks: Kids can help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients so you don't end up with sticky fingers.

5



Cook the chicken strips

- In a large frying pan, heat enough **olive oil** to coat 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 does not stick to the pan.

TIP: Chicken is cooked through when it's no longer pink inside.

6



Serve up

- Divide crispy chicken strips, wedges and steamed veggies between plates.
- Serve with **mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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