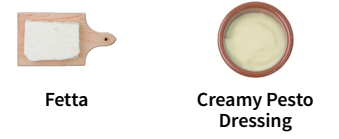
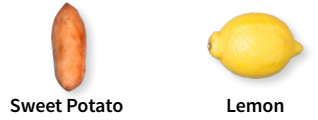





# Lemony Crumbed Chicken

with Pesto Dressing & Sweet Potato Wedges

Grab your Meal Kit with this symbol 



 Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

 Eat me early

 Low Calorie

Coat tender chicken breast with a zesty crumb for a dinner that's sure to please. With sweet potato wedges, a fresh salad with a tangy mustard dressing and creamy pesto sauce for dipping, this meal is the best of the best!

**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 · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
lemon	½	1
tomato	1	2
cucumber	1	2
chicken breast	1 packet	1 packet
plain flour*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets
Dijon mustard	½ tub (7.5g)	1 tub (15g)
mixed salad leaves	1 bag (60g)	1 bag (120g)
fetta	1 block (25g)	1 block (50g)
creamy pesto dressing	1 tub (50g)	1 tub (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2302kJ(550Cal)	368J (88Cal)
Protein (g)	45.4g	7.3g
Fat, total (g)	12.8g	2g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	57.2g	9.1g
- sugars (g)	14.7g	2.3g
Sodium (mg)	545mg	87mg

### 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 **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm thick wedges. Transfer to an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.

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



## 4. Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add the crumbed **chicken breast** and cook until golden on the outside and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel to drain.

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



## 2. Get prepped

While the sweet potato is roasting, zest the **lemon** to get a **pinch**. Roughly chop the **tomato** and **cucumber**. Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm thick.



## 5. Toss the salad

While the chicken is cooking, combine the **Dijon mustard** (see ingredients list), a **small squeeze** of **lemon juice**, **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) and a **pinch** of **salt** and **pepper** in a large bowl. Add the **mixed salad leaves**, **tomato** and **cucumber** to the dressing. Toss to coat.



## 3. Crumb the chicken

In a shallow bowl, combine the **plain flour**, the **salt** and a **good pinch** of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs**, **lemon zest** and a **pinch** of **salt** and **pepper**. Dip the **chicken** into the **flour mixture**, followed by the **egg**, and finally in the **panko breadcrumbs**. Set aside on a plate.



## 6. Serve up

Divide the crumbed chicken, cucumber salad and sweet potato wedges between plates. Crumble the **fetta** over the salad. Serve with the **creamy pesto dressing**.

**TIP:** For the low-calorie option, serve without the **fetta** and **creamy pesto dressing**.

**Enjoy!**