



Crumbed Garlic & Herb Chicken

with Aussie-Spiced Roast Veggies & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Garlic



Carrot



Zucchini



Sweet Potato



Potato



Red Onion



Aussie Spice Blend



Garlic & Herb Seasoning



Panko Breadcrumbs



Chicken Tenderloins



Baby Spinach Leaves



Dill & Parsley Mayonnaise

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

Eat Me Early

Crispy on the outside, juicy on the inside, and complete with our moreish herbed mayo for dipping, this fail-proof chicken dish brings the flavour to the table.

The recent harsh weather conditions have impacted the zucchinis grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

Pantry items

Olive Oil, Butter, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
carrot	1	2
zucchini	1	2
sweet potato	1	2
potato	1	2
red onion	1	2
butter*	20g	40g
Aussie spice blend	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
garlic & herb seasoning	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken tenderloins	1 packet	1 packet
baby spinach leaves	1 medium bag (60g)	1 large bag (120g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3428kJ (819Cal)	417kJ (100Cal)
Protein (g)	56.1g	6.8g
Fat, total (g)	31.5g	3.8g
- saturated (g)	8.7g	1.1g
Carbohydrate (g)	73g	8.9g
- sugars (g)	24.4g	8.9g
Sodium (mg)	1402mg	171mg

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.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. Cut the **carrot, zucchini, sweet potato** and **potato** into bite-sized chunks. Cut the **red onion** into thick wedges. Melt the **butter** in the microwave.



Cook the chicken tenders

When the **veggies** have **10 minutes** remaining, return the frying pan to a medium-high heat and add enough **olive oil** to coat the base. When the oil is hot, cook the **chicken**, in batches, until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

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



Roast the veggies

Divide the **veggies** between two lined oven trays. Add the melted **butter**, **Aussie spice blend** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Toss to coat and roast until tender, **25-30 minutes**.



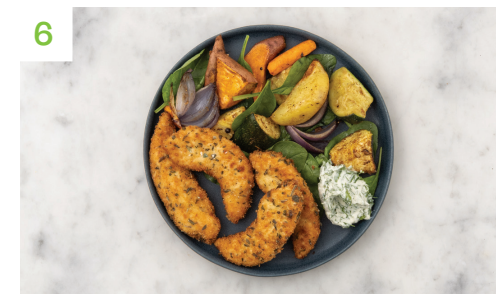
Bring it all together

Add the **baby spinach leaves** to the roasted **veggie** trays. Toss to combine and season.



Crumb the chicken tenders

While the veggies are roasting, combine the **plain flour, garlic & herb seasoning** and the **salt** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs** and **garlic**. Dip the **chicken tenderloins** into the **plain flour mixture**, followed by the **egg** and finally into the **panko breadcrumbs**. Transfer to a plate.



Serve up

Divide the crumbed garlic and herb chicken and the Aussie-spiced roast veggies between plates. Serve with the **dill & parsley mayonnaise**.

Enjoy!

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