



# Crumbed Sichuan Chicken

with Crunchy Slaw & Fries

Grab your Meal Kit with this symbol



Potato



Pear



Lime



Mayonnaise



Japanese Dressing



Slaw Mix



Crushed Peanuts



Chicken Breast




Sichuan Garlic Paste



Panko Breadcrumbs

 Hands-on: 25-35 mins  
Ready in: 35-45 mins

 Eat me early

Who doesn't love a good crumbed chicken? This version is crumbed in our mild Sichuan garlic paste, giving it loads of flavour. Paired with crunchy slaw and fries, we bet this will be a real hit around the table tonight.

## Pantry items

Olive Oil, Brown Sugar, Plain Flour



## 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
potato	2	4
pear	1	2
lime	½	1
mayonnaise	1 packet (40g)	2 packets (80g)
Japanese dressing	1 tub (30g)	2 tubs (60g)
brown sugar*	½ tsp	1 tsp
slaw mix	1 bag (150g)	1 bag (300g)
crushed peanuts	1 packet	2 packets
chicken breast	1 small packet	1 large packet
plain flour*	1½ tbs	¼ cup
salt*	½ tsp	1 tsp
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
panko breadcrumbs	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3872kJ (925Cal)	596kJ (142Cal)
Protein (g)	46.7g	7.2g
Fat, total (g)	44.3g	6.8g
- saturated (g)	6.3g	1g
Carbohydrate (g)	78.7g	12.1g
- sugars (g)	24.8g	3.8g
Sodium (mg)	1530mg	235mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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 fries

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. Season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **25-30 minutes**.

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



### Get prepped

While the fries are baking, thinly slice the **pear**. Slice the **lime** (see ingredients) into wedges. In a small bowl, combine the **mayonnaise** and a squeeze of **lime juice**.



### Prep the slaw

In a large bowl, combine the **Japanese dressing**, a good squeeze of **lime juice** and the **brown sugar** until dissolved. Add the **slaw mix** and **pear** and toss to coat. Season to taste and top with the **crushed peanuts**.



### Crumb the chicken

Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm thick. In a shallow bowl, combine the **plain flour** and the **salt**. Season with **pepper**. In a second shallow bowl, add the **Sichuan garlic paste**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** into the **flour mixture**, followed by the **Sichuan paste**, and finally in the **panko breadcrumbs**. Transfer to a plate.



### Cook the chicken

Heat a large frying pan over a medium heat with enough **olive oil** to coat the base. Cook the crumbed **chicken**, in batches, until golden and cooked through, **2-4 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.

**TIP:** The chicken may char slightly in the pan, but this just adds to the flavour!



### Serve up

Divide the crumbed Sichuan chicken, crunchy slaw and fries between plates. Serve with the lime mayo and remaining lime wedges.

### Enjoy!