



Parmesan-Crumbed Chicken Tenders

with Roast Potato Chunks & Smokey Aioli

Grab your Meal Kit with this symbol



Potato



Panko Breadcrumbs



Grated Parmesan Cheese



Chicken Tenderloins



Cucumber



Deluxe Salad Mix



Smokey Aioli

Hands-on: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

We've upped the ante on classic crumbed chicken by combining sharp Parmesan with panko breadcrumbs for plenty of flavour and crunch. Complete with a crisp, colourful slaw, plus smokey aioli for dipping, what's not to love?

Pantry items

Olive Oil, Plain Flour, Egg, Balsamic Vinegar

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
plain flour*	2 tbs	¼ cup
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
chicken tenderloins	1 small packet	1 large packet
cucumber	1	2
balsamic vinegar*	drizzle	drizzle
deluxe salad mix	1 medium bag	1 large bag
smokey aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3191kJ (763Cal)	505kJ (121Cal)
Protein (g)	56g	8.9g
Fat, total (g)	33.6g	5.3g
- saturated (g)	6.8g	1.1g
Carbohydrate (g)	56.2g	8.9g
- sugars (g)	7.7g	8.9g
Sodium (mg)	1388mg	220mg

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.



Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your tray is getting crowded, divide the potato between trays.



Prep the crumb

While the potato is roasting, combine the **plain flour**, the **salt** and a good pinch of **pepper** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** and **grated Parmesan cheese**.



Crumb the chicken

Dip a handful of the **chicken tenderloins** into the **flour mixture** to coat, then into the **egg**, and finally into the **Parmesan breadcrumbs**. Transfer to a plate and repeat with the remaining **chicken**.



Cook the chicken

In a large frying pan, add enough olive oil to coat the base and heat over a medium-high heat. When the oil is hot, cook the **crumbed chicken** in batches until cooked through and golden, **2-3 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Add extra oil between batches to prevent the crumbed chicken from sticking to the pan!

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



Prep the salad

While the chicken is cooking, thinly slice the **cucumber**. In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add the **cucumber** and **deluxe salad mix**. Toss to coat.



Serve up

Divide the Parmesan-crumbed chicken tenders, roast potato chunks and salad between plates. Serve with the **smokey aioli**.

Enjoy!

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