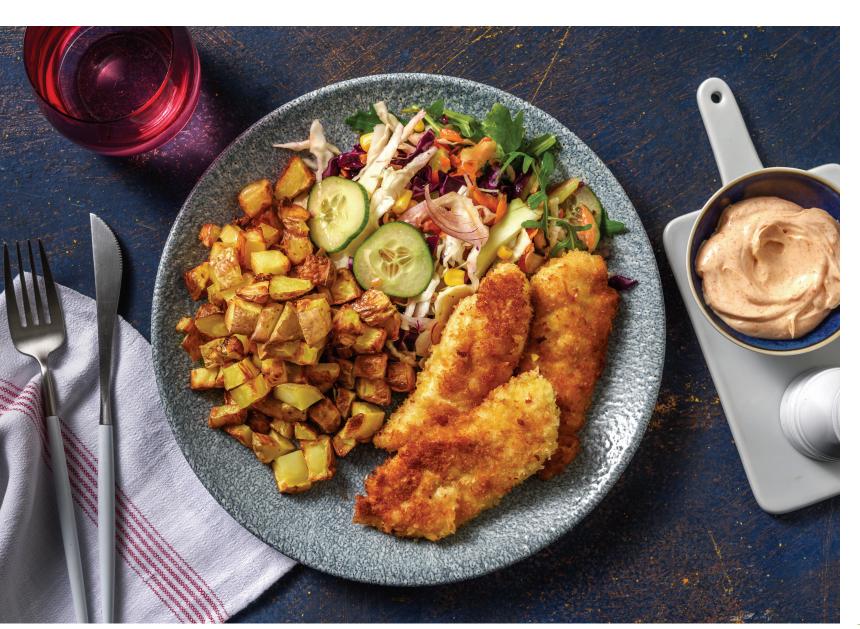


Parmesan-Crumbed Chicken Tenders

with Roast Potato Chunks & Smokey Aioli

Grab your Meal Kit with this symbol











Potato

Panko Breadcrumbs



Grated Parmesan



Cheese





Cucumber





Smokey Aioli

Pantry items

Olive Oil, Plain Flour, Egg, Balsamic Vinegar



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



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 \cdot Large frying pan

Ingredients

	2 People	4 People
		•
olive oil*	refer to method	refer to method
potato	2	4
plain flour*	2 tbs	⅓ 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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