



Everything
But The Chef

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Coconut Chicken with Honey Roasted Vegetables

Coconuts are just amazing aren't they? These crumbed chicken strips are both toasty and succulent thanks to nature's coco-confetti; which is rich in healthy fats and sure to leave you satisfied. We've teamed these tasty strips with seasonal roast veg; this dish is sure to drive you coconut!



Prep: 20 mins

Cook: 15 mins

Total: 35 mins



level 2



lactose
free



4 pantry
items



Parsnip



Carrot



Brussels Sprouts



Chicken Breast



Shredded Coconut

2P	4P	Ingredients	
1	2	parsnip, cut into batons	A
2	4	carrots, cut into batons	⊕
6	12	Brussels sprouts, halved	
1 tbs	2 tbs	olive oil *	
1 tbs	2 tbs	honey *	
2 fillets	4 fillets	chicken breast, cut into 3 cm strips	
1 tbs	2 tbs	plain flour *	
1	2	egg, lightly whisked *	B
50 g	100 g	shredded coconut	

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2640	Kj
Protein	41.7	g
Fat, total	38	g
-saturated	19.3	g
Carbohydrate	26.9	g
-sugars	16.7	g
Sodium	188	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C fan-forced**. Line two oven trays with baking paper.

2 Toss the **parsnip**, **carrots**, and **Brussels sprouts** in a baking dish with the **olive oil** and the **honey**. Season with **salt** and **pepper** and place on one of the prepared trays.

3 To coat the **chicken** prepare three bowls. One with the **plain flour**. The second with the **egg** and the third with the **shredded coconut**. Dip the chicken strips in the flour, followed by the egg wash and then coat in the shredded coconut. Lay them on the remaining oven tray. Place both the chicken and vegetables into the oven and cook for **15 minutes** or until the vegetables are tender and the chicken is golden and cooked through.

Tip: Switch your trays around in the oven halfway through cooking to ensure everything is evenly cooked through.



4 To serve, divide the honey roasted vegetables and the coconut chicken between plates and enjoy!



Did you know? It was once believed that parsnips could cure toothaches and sore feet.