

Almond & Garlic-Crusted Chicken

with Roasted Veggie Chunks & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Red Kumara



Parsnip



Roasted Almonds



Garlic



Panko Breadcrumbs



Chicken Breast



Dill & Parsley Mayonnaise



Tomato



Spinach & Rocket Mix

Hands-on: **30-40 mins**
 Ready in: **45-55 mins**

Eat me early

This is crumbed chicken with a difference. First, it's spread with herbed mayo and then it's topped with a mixture of panko breadcrumbs and chopped roasted almonds. There's no dipping in egg and flour, and the result is a total game changer.

Pantry items

Olive Oil, Balsamic Vinegar, Honey

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red kumara	2 (medium)	2 (large)
parsnip	1	2
roasted almonds	½ packet	1 packet
garlic	1 clove	2 cloves
panko breadcrumbs	½ packet	1 packet
chicken breast	1 packet	1 packet
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
tomato	1	2
balsamic vinegar*	1 tsp	2 tsp
honey*	½ tsp	1 tsp
spinach & rocket mix	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2617kJ (625Cal)	484kJ (115Cal)
Protein (g)	44.4g	8.2g
Fat, total (g)	23.9g	4.4g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	60.2g	11.1g
- sugars (g)	14.8g	2.7g
Sodium (mg)	400mg	74mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red kumara** (unpeeled) into 2cm chunks. Cut the **parsnip** (unpeeled) to 1cm chunks. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: Cut the veggies to size so they cook in time!



Prep the crumb

While the veggies are roasting, roughly chop the **roasted almonds** (see ingredients). Finely chop the **garlic**. In a medium bowl, combine the **panko breadcrumbs** (see ingredients), **almonds**, **garlic** and a generous drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside.



Prep the chicken

Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm thick.



Bake the chicken

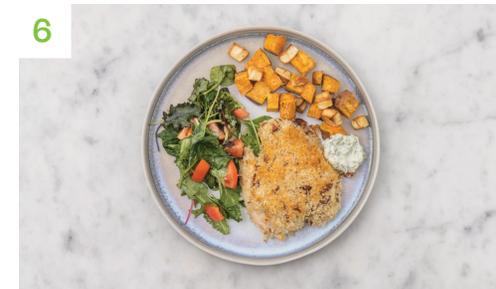
Season the **chicken** all over with **salt** and **pepper** and place on a second oven tray lined with baking paper. Spread 1/2 the **dill & parsley mayonnaise** over the **chicken**, then spoon over the **almond crumb**, pressing down gently to help it stick. Bake until the crust is golden and the chicken is cooked through, **12-15 minutes**.

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



Make the salad

While the chicken is baking, roughly chop the **tomato**. In a medium bowl, combine a generous drizzle of **olive oil**, the **balsamic vinegar** and **honey**. Add the **tomato** and **spinach & rocket mix**. Toss to combine.



Serve up

Divide the roasted veggie chunks, almond and herb-crusted chicken and salad between plates. Serve with the remaining dill-parsley mayo.

Enjoy!