

Crumbed Chicken Dippers & Rosemary Potato Wedges

with Mixed Salad & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Rosemary



Carrot



Tomato



Sweet Mustard Spice Blend



Panko Breadcrumbs



Chicken Tenderloin



Balsamic Vinaigrette Dressing



Mixed Salad Leaves



Garlic Aioli

Hands-on: 35-45 mins
Ready in: 45-55 mins



Eat me early

We're officially making chicken (dippers) tonight, so don't be afraid to break out your best chicken dance! We recommend drizzling over the delicious garlic aioli, but these are called dippers, so if you need to grab 'em and dunk 'em, we won't tell anyone. Promise.

Pantry items

Olive Oil, Plain Flour, Egg

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
rosemary	1 bunch	1 bunch
carrot	½	1
tomato	1	2
sweet mustard spice blend	½ sachet	1 sachet
salt*	½ tsp	1 tsp
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 packet	2 packets
chicken tenderloin	1 packet	1 packet
balsamic vinaigrette dressing	½ tub	1 tub
mixed salad leaves	1 bag (60g)	1 bag (120g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3059kJ (731Cal)	508kJ (121Cal)
Protein (g)	53g	8.8g
Fat, total (g)	31.3g	5.2g
- saturated (g)	4g	0.7g
Carbohydrate (g)	55.5g	9.2g
- sugars (g)	7.8g	1.3g
Sodium (mg)	936mg	156mg

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.



Bake the potato wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm-thick wedges. Pick and finely chop the **rosemary** leaves. Spread the **potato** and **rosemary** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt**. Toss to coat. Bake until tender, **25-30 minutes**.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily!

TIP: Divide the veggies between two trays if they can't fit in a single layer.



Cook the chicken

Heat a large frying pan over a high heat with enough **olive oil** to coat the base. When the oil is hot, cook the **chicken**, turning, until golden and cooked through, **3-4 minutes** each side (depending on thickness). Cook in batches if your pan is getting crowded. Transfer to a plate lined with paper towel. Season with salt.

TIP: Add extra oil between batches, if needed, so the chicken doesn't stick to the pan.



Get prepped

While the potato is baking, grate the **carrot** (see ingredients). Roughly chop the **tomato**.



Make the salad

While the chicken is cooking, combine the **carrot**, **tomato**, **balsamic vinaigrette dressing** (see ingredients) and **mixed salad leaves** in a large bowl. Toss to coat.



Crumb the chicken

Combine the **sweet mustard spice blend** (see ingredients), the **salt**, **plain flour** and a good pinch of **pepper** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken tenderloin** into the **flour mixture**, followed by the **egg** and finally into the **panko breadcrumbs**. Transfer to a plate.



Serve up

Divide the crumbed chicken dippers, salad and rosemary potato wedges between plates. Serve with the **garlic aioli**.

Enjoy!