

Crumbed Chicken Dippers & Rosemary Potato Wedges with Garlic Aioli & Apple Salad

Grab your Meal Kit
with this symbol



Potato



Rosemary



Sweet Mustard
Spice Blend



Panko Breadcrumbs



Chicken Breast
Strips



Carrot



Apple



Mixed Salad
Leaves



Garlic Aioli

Hands-on: **35-45 mins**
 Ready in: **40-50 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, 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
rosemary	1 bunch	1 bunch
sweet mustard spice blend	1 sachet	1 sachet
salt*	1 tsp	2 tsp
plain flour*	2 tsp	4 tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
chicken breast strips	1 packet	1 packet
carrot	1	2
apple	1	2
balsamic vinegar*	1 tsp	2 tsp
mixed salad	1 bag	1 bag
leaves	(60g)	(120g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3010kJ (718Cal)	460kJ (110Cal)
Protein (g)	48.0g	7.3g
Fat, total (g)	26.4g	4.1g
- saturated (g)	4.9g	0.7g
Carbohydrate (g)	67.7g	10.4g
- sugars (g)	19.1g	2.9g
Sodium (mg)	1240mg	189mg

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.



Bake the potato wedges

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

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

TIP: If your oven tray is crowded, separate across two trays.



Prep the salad

While the chicken is cooking, grate the **carrot** (unpeeled). Thinly slice the **apple** (unpeeled).



Crumb the chicken

While the wedges are baking, combine the **sweet mustard spice blend**, the **salt** and **plain flour** in a shallow bowl, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken breast strips** into the **flour mixture**, followed by the **egg** and finally into the **panko breadcrumbs**. Transfer to a plate.



Make the salad

In a large bowl, combine a good drizzle of **olive oil** and the **balsamic vinegar**. Add the **carrot**, **apple** and **mixed salad leaves**. Toss to combine.



Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, add **1/2** the **crumbed chicken** and cook, turning, until golden and cooked through, **3-4 minutes** (depending on thickness). Transfer to a plate lined with paper towel. Repeat with the **remaining chicken**. Season with salt.

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



Serve up

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

Enjoy!