



Garlic & Herb Crumbed Chicken

with Spiced Roast Veggies & Herby Mayo

Grab your Meal Kit with this symbol



Garlic



Carrot



Kumara



Potato



Red Onion



Aussie Spice Blend



Garlic & Herb Seasoning



Panko Breadcrumbs



Chicken Breast Strips



Baby Spinach Leaves



Dill & Parsley Mayonnaise

Hands-on: 20-30 mins
Ready in: 35-45 mins

Eat Me Early

This is crumbed chicken with a difference. First, it's coated with garlic and herb seasoning, then crumbed with crunchy panko for delectable flavour and texture. Combine that with warmly spiced roasted veggies and a drizzle of herbed mayo for a showstopper.

Pantry items

Olive Oil, Butter, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
carrot	1	2
kumara	1 (medium)	1 (large)
potato	1	2
red onion	1 (medium)	1 (large)
butter*	20g	40g
Aussie spice blend	1 sachet	1 sachet
plain flour*	1 tbs	2 tbs
garlic & herb seasoning	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
chicken breast strips	1 packet	1 packet
baby spinach leaves	1 bag (60g)	1 bag (120g)
dill & parsley	1 packet (50g)	1 packet (100g)
mayonnaise		

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3305kJ (790Cal)	521kJ (125Cal)
Protein (g)	43.2g	6.8g
Fat, total (g)	36.7g	5.8g
- saturated (g)	10.2g	1.6g
Carbohydrate (g)	72.5g	11.4g
- sugars (g)	20.9g	3.3g
Sodium (mg)	1705mg	269mg

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.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. Cut the **carrot, kumara** and **potato** into bite-sized chunks. Cut the **red onion** into 2cm wedges. Place the **butter** in a small heatproof bowl and microwave in **10 second** bursts until melted.



Cook the chicken

When the veggies have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, cook the **chicken** in batches until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

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



Roast the veggies

Divide the **carrot, kumara, potato** and **onion** between two lined oven trays. Drizzle with **olive oil**, then add the melted **butter** and **Aussie spice blend** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.



Bring it all together

Add the **baby spinach leaves** to the **roasted veggies**. Toss to combine and season to taste.



Crumb the chicken

While the veggies are roasting, combine the **plain flour, garlic & herb seasoning** and the **salt** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs** and **garlic**. Coat the **chicken breast strips** first in the **flour mixture**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.



Serve up

Divide the spiced roast veggies between plates. Top with the garlic and herb crumbed chicken. Spoon over the **dill & parsley mayonnaise** to serve.

Enjoy!