

# Panko & Garlic-Crumbed Chicken

with Pear Salad & Roasted Pumpkin

Grab your Meal Kit with this symbol



Parsnip



Peeled & Chopped Pumpkin



Sweet Mustard Spice Blend



Garlic



Panko Breadcrumbs



Pear



Chicken Breast



Coconut Sweet Chilli Mayonnaise



Mixed Salad Leaves

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

 Eat me early

There's nothing quite like the golden crust of a good old-fashioned crusted chicken breast to cheer you up – that's just simple science. And as for condiments? We think our delish coconut chilli mayo might just make for the ultimate finishing touch.

*Unfortunately, this week's dill & parsley mayo was in short supply, so we've replaced it with coconut sweet chilli mayo. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, White Wine 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

Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
sweet mustard spice blend	1 sachet	1 sachet
garlic	2 cloves	4 cloves
panko breadcrumbs	½ packet	1 packet
pear	½	1
chicken breast	1 packet	1 packet
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2358kJ (563Cal)	470kJ (112Cal)
Protein (g)	43.9g	8.7g
Fat, total (g)	26.6g	5.3g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	35.5g	7.1g
- sugars (g)	18.2g	3.6g
Sodium (mg)	550mg	110mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://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 **parsnip** (unpeeled) into 2cm chunks. Place the **parsnip** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. Sprinkle over the **sweet mustard spice blend**, drizzle with **olive oil** and season with **pepper**. Toss to coat. Spread in a single layer and roast on the bottom oven rack until tender, **20-25 minutes**.

**TIP:** Cut the parsnip to size so it cooks in time.



## Get prepped

While the veggies are roasting, finely chop the **garlic**. In a small bowl, combine the **garlic**, **panko breadcrumbs** (see ingredients) and a good drizzle of **olive oil**. Season with **salt** and **pepper** and mix well. Thinly slice the **pear** (see ingredients).



## 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 2cm thick. Season the **chicken** on both sides with **salt** and **pepper** and place on a second oven tray lined with baking paper.



## Bake the chicken

Spread 1/2 the **coconut sweet chilli mayonnaise** over the top of the **chicken**, then spoon the **garlic crumb** over the mayo, pressing down lightly so it sticks to the chicken. Bake on the top oven rack until the crust is golden and the chicken is cooked through, **12-15 minutes**.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Make the salad

While the chicken is baking, combine a little drizzle of **white wine vinegar** and **olive oil** in a large bowl, then season with **salt** and **pepper**. Add the **pear** and **mixed salad leaves** and toss to coat.



## Serve up

Slice the panko and garlic-crusted chicken. Divide the chicken and roasted veggies between plates. Serve with the pear salad and the remaining coconut sweet chilli mayo.

Enjoy!