



# Parmesan-Crumbed Chicken Strips

with Roasted Potatoes & Smokey Aioli

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Panko Breadcrumbs



Grated Parmesan Cheese



Chicken Breast Strips



Smokey Aioli

Hands-on: 30-40 mins  
Ready in: 35-45 mins

Eat me early

We're upping the ante on classic crumbed chicken by combining Parmesan with panko breadcrumbs for plenty of flavour and crunch, then throwing in a tantalising smokey aioli for dipping.

## 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	3	6
broccoli	1 head	2 heads
carrot	1	2
plain flour*	2½ tbs	½ cup
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
chicken breast strips	1 packet	1 packet
smokey aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3334kJ (796Cal)	470kJ (112Cal)
Protein (g)	54.8g	7.7g
Fat, total (g)	34.6g	4.9g
- saturated (g)	7.9g	1.1g
Carbohydrate (g)	63g	8.9g
- sugars (g)	7.6g	1.1g
Sodium (mg)	1691mg	239mg

## 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.



## Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** into half-moons.

**TIP:** Cut the potato to size so it cooks in time!



## Roast the potato

Place the **potato** on an oven tray lined with baking paper. Drizzle with **olive oil** and season **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



## Prep the crumbing station

While the potato is roasting, combine the **plain flour** and the **salt** in a shallow bowl, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** and **grated Parmesan cheese**.



## Crumb the chicken strips

Dip a handful of the **chicken breast strips** into the seasoned **flour**, followed by the **egg** and finally in the **panko-Parmesan mixture**. Transfer to a plate and repeat with the remaining **chicken**.

**TIP:** Minimise mess by keeping one hand as your 'dry' hand and the other as your 'wet' hand.



## Cook the veggies & chicken

Heat a large frying pan over a medium-high heat. Cook the **broccoli** and **carrot** with a splash of **water** until tender, **5-6 minutes**. Transfer to a plate. Return the pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the **crumbed chicken**, in batches, until cooked through and golden, **2-3 minutes** each side. Transfer to a plate lined with paper towel.

**TIP:** Add extra oil between batches if needed.



## Serve up

Divide the roasted potatoes, veggies and Parmesan-crumbed chicken strips between plates. Serve with the **smokey aioli**.

## Enjoy!