



# Crumbed Chicken Dippers & Rosemary Potato Wedges

with Garlic Aioli



Master the art of  
mess-free crumbing



Potato



Carrot



Chicken Breast



Broccoli



Rosemary



Panko Breadcrumbs



Garlic Aioli



Sweet Mustard Spice Blend

Hands-on: **35 mins**  
Ready in: **45 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 Staples:** Olive Oil, Salt, Plain Flour, Eggs

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, two oven trays** lined with **baking paper, three shallow bowls, whisk, plate, large frying pan, tongs, plate** lined with **paper towel** and a **spoon**.



### 1 BAKE THE POTATO WEDGES

Preheat the oven to **240°C/220°C fan-forced**. Slice the **potato** (unpeeled) into 1 cm thick wedges. Finely chop the **rosemary** leaves. **TIP:** Run your fingers down the rosemary stalk to remove the leaves easily! Add the potato to the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with the rosemary and a **pinch** of **salt** and **pepper**. Toss to coat. Place on the top rung of the oven to cook for **25-30 minutes**, or until golden.



### 2 GET PREPPED

While the potato is baking, slice the **chicken breast** into 2 cm strips. Roughly chop the **carrot** (unpeeled) into 2 cm chunks (or 1 cm x 4 cm batons). Cut the **broccoli** into 2 cm florets.



### 3 COOK THE VEGGIES

When the potatoes have **15 minutes** remaining of cook time, place the **carrot** and **broccoli** on the second oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat. Place on the middle rung of the oven and cook for **10-12 minutes**, or until tender.



### 4 CRUMB THE CHICKEN

While the veggies are cooking, combine the **sweet mustard spice blend, salt** (use the **suggested amount**), **plain flour** and a **good pinch** of **pepper** in the first shallow bowl. In the second shallow bowl, add the **eggs** and a dash of water and whisk. In the 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. Set aside on a plate, ready to fry. **TIP:** If you don't have eggs, replace with 4 tbs of milk.



### 5 FRY THE CHICKEN

Heat enough **olive oil** to coat the base of a large frying pan over a medium-high heat. Once hot, add **1/2** the crumbed **chicken** dippers and cook, turning, for **4-6 minutes**, or until golden and cooked through. Remove from the pan and drain on a plate lined with paper towel to soak up any excess oil. Repeat with the remaining chicken. **TIP:** Add extra oil between batches, if needed, so the chicken does not stick to the pan.



### 6 SERVE UP

Divide the crumbed chicken dippers, baked rosemary potato wedges and veggies between plates. Serve with a dollop of **garlic aioli**.

Enjoy!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potatoes	800 g
rosemary	1 bunch
chicken breast	1 packet
carrot	2
broccoli	1 head
sweet mustard spice blend	1 sachet (2 tsp)
salt*	1 tsp
plain flour*	2 tbs
eggs*	2
panko breadcrumbs	2 packets (2 cups)
garlic aioli	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3080kJ (735Cal)	510kJ (122Cal)
Protein (g)	53.3g	8.8g
Fat, total (g)	32.0g	5.3g
- saturated (g)	6.2g	1.0g
Carbohydrate (g)	53.5g	8.9g
- sugars (g)	6.6g	1.1g
Sodium (g)	1140mg	189mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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