

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

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Potato



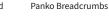


Sweet Mustard



Spice Blend







Chicken Breast







Leaves



Hands-on: 35-45 mins Ready in: 40-50 mins



Pantry items

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
rosemary	2 sticks	4 sticks	
sweet mustard spice blend	1 sachet	1 sachet	
salt*	1 tsp	2 tsp	
plain flour*	½ tbs	1 tbs	
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 leaves	1 bag (60g)	1 bag (120g)	
garlic aioli	1 packet (50g)	1 packet (100g)	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3016kJ (721Cal)	482kJ (115Cal)
Protein (g)	44g	7g
Fat, total (g)	30.4g	4.9g
- saturated (g)	5.2g	0.8g
Carbohydrate (g)	66.1g	10.6g
- sugars (g)	14.3g	2.3g
Sodium (mg)	1788mg	286mg

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.



Bake the wedges

Preheat the oven to 240°C/220°C fan-forced. Cut the potato into wedges. Pick and finely chop the rosemary leaves. Place the potato and rosemary on a lined oven tray. Drizzle with olive oil and season with salt. Toss to coat, spread out evenly, then bake until tender, 25-30 minutes.

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



Crumb the chicken

While the wedges are baking, combine the **sweet mustard spice blend**, **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**. Coat the **chicken breast strips** in the **flour mixture**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.



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, cook the **crumbed chicken** in batches, turning, until golden and cooked through, **3-4 minutes** (depending on thickness). Transfer to a plate lined with paper towel and season with **salt**.

TIP: Add extra oil between batches if needed.



Prep the salad

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



Make the salad

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



Serve up

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

Enjoy!