



# Crumbed Chicken Strips

with Cheesy Fries & Broccoli

Grab your Meal Kit  
with this symbol



Potato



Broccoli



Shredded Cheddar  
Cheese



Crumbed Chicken  
Breast Strips



## Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15** mins  
Ready in: **25** mins

**1** Eat Me Early

A meal that's adult and kid approved? Yes please! Serve up tender crumbed chicken strips alongside broccoli and cheesy fries, there's nothing stopping everyone in your gang from gobbling it right up.

## Pantry items

Olive Oil



## 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
<b>olive oil*</b>	refer to method
potato	2
shredded Cheddar cheese	1 medium packet
broccoli	½ head
crumbed chicken breast strips	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2105kJ (503Cal)	434kJ (103Cal)
Protein (g)	42.5g	8.8g
Fat, total (g)	12.1g	2.5g
- saturated (g)	5.6g	1.2g
Carbohydrate (g)	54g	11.1g
- sugars (g)	14g	2.9g
Sodium (mg)	487mg	100mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until just tender, **20-25 minutes**.
- In last **5 minutes** of cook time, remove from oven, sprinkle fries with **shredded Cheddar cheese** and bake until golden, **5 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.

3



## Cook the chicken

- Return frying pan to medium-high heat with enough **olive oil** to coat the base. When oil is hot, cook **crumbed chicken breast strips** in batches, until golden and cooked through, **3-4 minutes** each side (depending on thickness).

2



## Cook the broccoli

- Meanwhile, cut **broccoli** (see ingredients) into small florets, then roughly chop stalk.
- In large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli**, tossing regularly, until tender, **6-7 minutes**. Transfer to a bowl, season to taste and cover to keep warm.

**TIP:** Add a dash of water to the pan to help speed up the cooking process

4



## Serve up

- Divide cheesy fries, broccoli and crumbed chicken between plates.
- Serve with sauce of choice. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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