



Parmesan-Crumbed Chicken Strips

with Veggie Fries & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Carrot



Broccoli



Nan's Special Seasoning



Grated Parmesan Cheese



Panko Breadcrumbs



Chicken Breast Strips



Garlic Aioli

Hands-on: 20 mins
Ready in: 45 mins

Eat me early

Let's get crumbing! For the perfect result, take our advice: set up your crumbing station with three bowls, season well, and keep one hand for wet ingredients, the other for dry. Then all that's left to do is enjoy that delicious crunch.

Unfortunately, this week's green beans were in short supply, so we've replaced them with broccolini. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Plain Flour, Eggs

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

	4-5 People
olive oil*	refer to method
potato	4
carrot	2
broccolini	1 bunch
Nan's special seasoning	2 sachets
plain flour*	¼ cup
salt*	½ tsp
eggs*	2
grated Parmesan cheese	2 packets (60g)
panko breadcrumbs	2 packets
chicken breast strips	1 packet
garlic aioli	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3260kJ (779Cal)	540kJ (129Cal)
Protein (g)	56.9g	9.4g
Fat, total (g)	30.1g	5.0g
- saturated (g)	7.6g	1.3g
Carbohydrate (g)	67.2g	11.1g
- sugars (g)	11.5g	1.9g
Sodium (mg)	1080mg	179mg

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.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 veggie fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Cut the **carrot** (unpeeled) into 1cm batons. Spread the **potato** and **carrot** over an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a generous **pinch of salt** and **pepper**. Toss to coat and bake until tender, **30-35 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.

TIP: If your oven tray is crowded, separate across two trays.



4. Cook the broccolini

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **broccolini** and cook, tossing regularly, until tender, **5-6 minutes**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



2. Get prepped

While the veggie fries are baking, trim and halve the **broccolini** lengthways.



5. Cook the chicken strips

Return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add **1/2** the crumbed **chicken strips** and cook until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with a paper towel and repeat with the **remaining chicken strips**.

TIP: Add more oil between batches if needed.



3. Crumb the chicken strips

In a shallow bowl, combine **Nan's special seasoning**, the **plain flour**, the **salt** and a **good pinch of pepper**. In a second shallow bowl, whisk the **eggs**. In a third shallow bowl, combine the **grated Parmesan cheese** and the **panko breadcrumbs**. Take handfuls of the **chicken breast strips** and dip them into the **flour mixture**, followed by the **egg**, and finally in the **panko-Parmesan mixture**. Set aside on a plate.



6. Serve up

Divide the veggie fries, broccolini and Parmesan-crumbed chicken strips between plates. Serve with the **garlic aioli**.

Enjoy!