



Parmesan-Crumbed Chicken

with Veggie Fries & Burger Sauce

Grab your Meal Kit with this symbol



Potato



Beetroot



Carrot



Broccoli



Chicken Breast



Nan's Special Seasoning



Grated Parmesan Cheese



Panko Breadcrumbs



Burger Sauce

Keep an eye out...

Due to recent sourcing challenges, we've replaced baby broccoli with broccoli, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, Plain Flour, Egg

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

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	2	4
beetroot	1	2
carrot	1	2
broccoli	½ head	1 head
chicken breast	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
plain flour*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
egg*	1	2
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
panko breadcrumbs	1 packet	1 packet
burger sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3316kJ (793Cal)	470kJ (112Cal)
Protein (g)	51.6g	7.3g
Fat, total (g)	30.4g	4.3g
- saturated (g)	7.3g	1g
Carbohydrate (g)	81.7g	11.6g
- sugars (g)	18g	2.6g
Sodium (mg)	1357mg	192mg

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.

1



Bake the veggie fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** and **beetroot** into fries. Thinly slice the **carrot** into sticks. Place the **potato**, **beetroot** and **carrot** on a lined oven tray. Drizzle with **olive oil**, then season with **salt**. Toss to coat, spread out evenly, then bake until tender, **25-30 minutes**.

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

2



Get prepped

While the veggie fries are baking, cut the **broccoli** (see ingredients) into small florets and roughly chop the stalk. Cut the **chicken breast** into 1cm strips.

3



Crumb the chicken

In a shallow bowl, combine **Nan's special seasoning**, the **plain flour** and the **salt**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **grated Parmesan cheese** and **panko breadcrumbs**. Take handfuls of the **chicken strips** and coat them in the **flour mixture**, followed by the **egg** and finally the **panko-Parmesan mixture**. Transfer to a plate.

4



Cook the broccoli

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **broccoli**, tossing, until tender, **5-6 minutes**. Season, then transfer to a bowl.

5



Cook the chicken

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, cook the **chicken strips** in batches until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Add more oil between the batches if needed.

6



Serve up

Divide the veggie fries, greens and Parmesan-crumbed chicken between plates. Serve with the **burger sauce**.

Enjoy!