



# Cajun Breaded Chicken

with Wedges, Zesty Slaw and Cajun Dipping Sauce

24

Calorie Smart 40-45 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



- Garlic Clove
- Spring Onion
- Lemon
- Potatoes
- Mayonnaise
- Panko Breadcrumbs
- Cajun Spice Mix
- Chicken Fillet
- Coleslaw Mix
- Soured Cream

Pantry Items  
Olive Oil

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, fine grater, baking tray and bowl.

## Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Spring Onion**	1	1	2
Lemon**	½	¾	1
Potatoes**	450g	700g	900g
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Panko Breadcrumbs 13)	10g	25g	25g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Olive Oil for the Crumb*	1 tbsp	2 tbsp	2 tbsp
Chicken Fillet**	2	3	4
Coleslaw Mix**	120g	180g	240g
Soured Cream** 7)	75g	150g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	543g	100g
Energy (kJ/kcal)	2289/547	422/101
Fat (g)	19	3
Sat. Fat (g)	6	1
Carbohydrate (g)	52	10
Sugars (g)	8	1
Protein (g)	46	8
Salt (g)	0.69	0.13

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Contact

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## Get Prepped

Preheat your oven to 200°C. Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**. Zest and halve the **lemon**. Chop the **potatoes** into 2cm wide wedges (no need to peel).



## Bake the Chicken

Roast the **chicken** on the top shelf until cooked through and golden on top, 25-30 mins.  
**IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## Cook the Wedges

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** *Use two baking trays if necessary.* When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



## Make the Slaw

While everything cooks, pop the **coleslaw mix** and **spring onion** into a medium bowl. Add **half** the **soured cream**, the **lemon zest**, a squeeze of **lemon juice**, then season to taste with **salt** and **pepper** and more **lemon juice** if needed. In another small bowl, mix together the remaining **soured cream** and **Cajun spice mix** (use less if you don't like heat). Season to taste if needed, then set the **Cajun dipping sauce** aside.



## Prep the Crumb

Meanwhile, in a small bowl, mix together the **garlic** and **mayonnaise**. In another small bowl, mix together the **breadcrumbs**, **half** the **Cajun spice mix** (add less if you don't like heat), **olive oil for the crumb** (see ingredients for amount) and season with **salt** and **pepper**. Pop the **chicken breasts** on a baking tray and season them well. Spoon the **mayo** over the top half of each **breast**. Sprinkle over the **crumb mixture** and press it down with a spoon. Discard any leftover **mayo**.  
**IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



## Finish and Serve

When everything is ready, remove the **chicken** from your oven and leave to rest for a couple of mins. Plate up your **Cajun chicken** with the **wedges** and **zesty slaw** alongside, then serve with the **Cajun dipping sauce**.

## Enjoy!