



Crispy Chicken Goujons & Sweet Potato Chips

with Baby Leaf Salad and Sweet Chilli Dipping Sauce

10

Little Chefs 35-40 Minutes • 4 of your 5 a day



Sweet Potato



Mayonnaise



Panko Breadcrumbs



Chicken Fillet



Medium Tomato



Premium Baby Leaf Mix



Sweet Chilli Sauce



Balsamic Glaze

Pantry Items
Oil, Salt, Pepper, Olive Oil

Before you start

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

Cooking tools

Baking tray, baking paper and bowl.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
Panko Breadcrumbs 13)	50g	75g	100g
Chicken Fillet**	2	3	4
Medium Tomato	1	1	2
Premium Baby Leaf Mix**	50g	75g	100g
Sweet Chilli Sauce	32g	48g	64g
Balsamic Glaze 14)	1 sachet	1½ sachets	2 sachets

Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	558g 2812 /672	100g 504 /120
Fat (g)	14.0	2.5
Sat. Fat (g)	2.4	0.4
Carbohydrate (g)	87.0	15.6
Sugars (g)	27.9	5.0
Protein (g)	46.4	8.3
Salt (g)	1.16	0.21

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

8) Egg 9) Mustard 13) Cereals containing gluten 14) Sulphites

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.

Contact

Let us know what you think!

Share your creations with **#HelloFreshSnaps**

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

 You can recycle me!



1 Chop the Chips

Preheat your oven to 240°C/220°C fan/gas mark 9.

Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

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, 30-35 mins. Turn halfway through.

Little Chefs: Get stuck in by drizzling the chips with *oil*, seasoning them and then making sure they're well coated.



4 Tomato Time

While everything bakes, cut the **tomato** into 3cm chunks.

Pop the **tomato** into a medium bowl, drizzle with a little **oil** and season with **salt** and **pepper**. Set aside for now.



2 Prep your Goujons

Meanwhile, pop the **mayo** into a large bowl.

Put the **panko breadcrumbs** and **olive oil for the crumb** (see pantry for amount) into another bowl, season with **salt** and **pepper**, then mix well.

Cut each **chicken fillet** widthways into 2cm strips and season with **salt** and **pepper**. Add them to the bowl of **mayo** and mix to coat well. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Little Chefs: Use a spoon to stir the chicken strips through the mayo. Make sure they're coated all over!



5 Bring on the Salad

Just before you're ready to serve, add the **baby leaves** to the bowl of **tomatoes** and toss together.

Little Chefs: *Shake the bowl of salad to help toss it together.*



3 Breadcrumb and Bake

Dip the **chicken strips** into the **breadcrumbs**, ensuring they're completely coated, then transfer to a lined baking tray.

Bake the **goujons** on the top shelf of the oven until slightly golden and cooked through, 20-25 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

Little Chefs: *Dip the chicken strips into the breadcrumbs so they're well coated (then wash your hands afterwards).*



6 Serve

When ready, plate up your **crispy chicken goujons** and **sweet potato chips** with the **sweet chili sauce** on the side for dipping.

Serve the **salad** alongside with the **balsamic glaze** drizzled over for those who'd like it.

Enjoy!