







Crispy Mississippi Style Fried Chicken

with Wedges and Spring Onion Slaw

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

26



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| Potatoes | Spring Onion |
|  |  |
| Lemon | Coleslaw Mix |
|  |  |
| Mayonnaise | Chicken Breast |
|  |  |
| Mississippi Style Spice Mix | Panko Breadcrumbs |

Pantry Items

Oil, Salt, Pepper, Egg

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, fine grater, bowl, baking paper, cling film,
saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Spring Onion**	1	1	2
Lemon**	½	¾	1
Coleslaw Mix**	120g	180g	240g
Mayonnaise 8) 9)	64g	96g	128g
Chicken Breast**	2	3	4
Mississippi Style Spice Mix	1 pot	1 pot	2 pots
Panko Breadcrumbs 13)	10g	25g	25g
Pantry	2P	3P	4P
Egg*	1	1	2

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	552g 2179 / 521	100g 395 / 94
Fat (g)	15.5	2.8
Sat. Fat (g)	2.4	0.4
Carbohydrate (g)	53.6	9.7
Sugars (g)	7.4	1.3
Protein (g)	49.2	8.9
Salt (g)	1.95	0.35

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

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Bake your Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Cut the **potatoes** into 2cm wide wedges (no need to peel). Pop them 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, bake on the middle shelf until golden, 25-35 mins. Turn halfway through.



Get Breading

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.

Pop a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Scan to get your exact PersonalPoints™ value



Make the Slaw

Meanwhile, trim and thinly slice the **spring onion**. Zest and cut the **lemon** into wedges.

Pop the **coleslaw mix** and **spring onion** into a large bowl with **half** the **mayonnaise**. Squeeze in a little **lemon juice**, season with **salt** and **pepper**, then mix together.

Taste and season again if needed, then set your **slaw** aside.



Time to Fry

Once hot, carefully lay the **chicken** into the pan.

Reduce the heat to medium-high and fry until golden-brown and cooked through, 8-10 mins total. Turn every 2-3 mins and adjust the heat if necessary. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Prep the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film.

Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick. Season with **salt** and **pepper**, then sprinkle the **Mississippi style spice mix** all over. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk. Put the **panko breadcrumbs** and **lemon zest** into another bowl. Season and mix well.



Finish and Serve

When everything's ready, transfer the **fried chicken** to your plates. Share out the **wedges** and **slaw** alongside.

Add a dollop of the remaining **mayo** for dipping and serve with any remaining **lemon wedges** for squeezing over.

Enjoy!