



Classic Crumbed Chicken and Ballymaloe Relish

with roast baby potatoes and zesty cabbage slaw

Family Quick Cook 35 – 40 mins • Egg(s) not included

23



Chicken Breast



Breadcrumbs



Cabbage



Carrot



Ballymaloe
Tomato Relish



Aioli



Scallion



Lime



Baby Potatoes



BBQ Rub

Pantry Items: Oil, Salt, Pepper, Egg



Rate your recipe!

2024-W34



Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater

Ingredients

| | 2P | 4P |
|--------------------------|-----------|-----------|
| Chicken Breast | 320 g | 640 g |
| Breadcrumbs | 1 pack | 2 packs |
| Cabbage | 1 unit | 2 units |
| Carrot | 1 unit | 2 units |
| Ballymaloe Tomato Relish | 1 pot | 2 pots |
| Aioli | 1 sachet | 2 sachets |
| Scallion | 1 unit | 2 units |
| Lime | 1 unit | 2 units |
| Baby Potatoes | 500 g | 1000 g |
| BBQ Rub | 2 sachets | 4 sachets |

Nutrition

| | Per serving | Per 100g |
|---------------------------------|------------------------|------------------------|
| for uncooked ingredients | 775 g | 100 g |
| Energy (kJ/kcal) | 3221.7 kJ/ 770 kcal | 415.7 kJ/ 99.4 kcal |
| Fat (g) | 24.3 g | 3.1 g |
| Sat. Fat (g) | 3.5 g | 0.5 g |
| Carbohydrate (g) | 94.7 g | 12.2 g |
| Sugars (g) | 20.8 g | 2.7 g |
| Protein (g) | 49.4 g | 6.4 g |
| Salt (g) | 1.8 g | 0.2 g |

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Cook the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve the **potatoes** lengthways, quartering any larger pieces, and pop them onto a lined baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**. Rub the **oil** over the **potatoes** then lay them cut-side down on the baking tray.
- Roast on the top shelf of the oven until fork tender, 25-35 mins.



Bake the Chicken

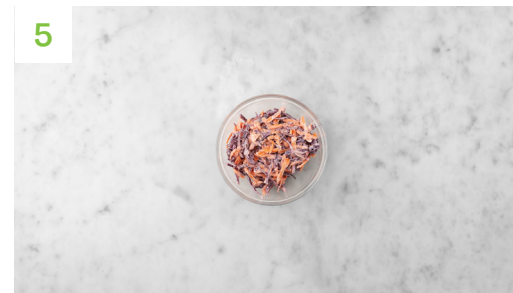
- Pop the **chicken** onto a lined baking tray.
- Place the **chicken** on the middle shelf until cooked through, 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Prep the Crumb

- Surround the **chicken** with baking paper. **IMPORTANT:** Wash hands and equipment after handling raw chicken.
- Bash with a pot until 1-2 cm thick. Season with **salt** and **pepper**.
- Beat 1 **egg** (double for 4p) in a bowl.
- Add **breadcrumbs** and **BBQ rub** to another bowl. Season with **salt** and **pepper**.
- Dip the **chicken** in the **egg** then the **breadcrumbs**.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



Make the Slaw

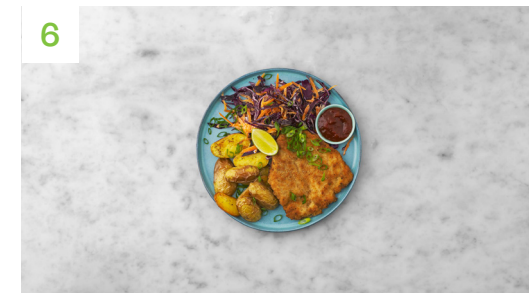
- Meanwhile, halve the **cabbage**, cut out and discard the tough core, then thinly slice.
- Trim the **carrot**, then coarsely grate (no need to peel).
- Quarter the **lime**.
- Pop the **carrot**, **cabbage** and **aioli** into a bowl. Mix well and season with **salt** and **pepper**. Add **lime** juice to taste.
- Trim and thinly slice the **scallion**.



Fry the Chicken

- Place a large pan over high heat with enough **oil** to coat the bottom.
- Once hot, carefully lay the **chicken** into the pan and fry until golden-brown, 2-3 mins on each side. Adjust the heat if necessary.

TIP: You want the oil to be hot so the chicken fries properly—heat for 2-3 mins before you add the chicken.



Finish and Serve

- Divide the crumbed **chicken** and roast **potatoes** between plates.
- Serve the **Ballymaloe relish**, **slaw** and remaining **lime** wedges alongside.
- Finish with a scattering of **scallion**.

Enjoy!