



Halloween Chicken Fingers

with cheesy wedges, paprika mayo and salad

40 – 45 mins • Egg(s) not included

9



Chicken Breast



Breadcrumbs



Mayo



Paprika



Potatoes



Central American
Style Spice Mix



Salad Leaves



Balsamic Glaze



Almonds



Grated Cheese

Pantry Items: Egg, Flour, Salt, Pepper, Oil



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2024-W44

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

Ingredients

| | 2P | 4P |
|----------------------------------|-----------|-----------|
| Chicken Breast | 320 g | 640 g |
| Breadcrumbs | 1 pack | 2 packs |
| Mayo | 2 sachets | 4 sachets |
| Paprika | 1 sachet | 2 sachets |
| Potatoes | 600 g | 1200 g |
| Central American Style Spice Mix | 1 sachet | 2 sachets |
| Salad Leaves | 40 g | 80 g |
| Balsamic Glaze | 1 sachet | 2 sachets |
| Almonds | 15 g | 30 g |
| Grated Cheese | 50 g | 100 g |

Nutrition

| | Per serving | Per 100g |
|---------------------------------|------------------------|-------------------------|
| for uncooked ingredients | 592.5 g | 100 g |
| Energy (kJ/kcal) | 3405.8 kJ/ 814 kcal | 574.8 kJ/ 137.4 kcal |
| Fat (g) | 28.8 g | 4.9 g |
| Sat. Fat (g) | 9.1 g | 1.5 g |
| Carbohydrate (g) | 83.7 g | 14.1 g |
| Sugars (g) | 7.6 g | 1.3 g |
| Protein (g) | 61.2 g | 10.3 g |
| Salt (g) | 2.2 g | 0.4 g |

Nutrition for uncooked ingredients based on 2 person recipe.

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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Bake the Wedges

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm wide wedges (peeling optional).
- Pop the wedges onto a large (lined) baking tray.
- Drizzle with **oil**, season with **half the paprika, salt and pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.

TIP: Use two baking trays if necessary.



Fry the Chicken

- Place a large pan over medium-high heat with enough **oil** to coat the bottom.
- Once hot, add the **chicken** (cook in batches if necessary).
- Fry until golden brown, 3-4 mins each side. Adjust the heat if necessary. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Once cooked, transfer to a plate lined with kitchen paper.

TIP: You want the oil to be hot so the chicken fries properly. Heat for 3-4 mins before adding the chicken.



Get Prepped

- Add 2 tbsp **flour** (per 2P) to a bowl.
- Beat one **egg** (per 2P) in another bowl.
- In a third bowl, combine **breadcrumbs, Central American spice** and **salt** to taste.
- Slice the **chicken breasts** lengthways into 5-6 thin strips per person. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

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



Finishing Touches

- When the wedges have 5 mins left to cook, remove from the oven and sprinkle the **cheese** over the top.
- Return to the oven and bake until melted, 5 mins.
- Meanwhile, in a small bowl, combine the **mayo** and remaining **paprika**.
- Toss the **salad leaves** with **salt, pepper** and a drizzle of **oil**.



Crumb the Chicken

- Season the **chicken** with **salt** and **pepper**.
- Dip each slice first into the **flour**, then the **egg** and finally the **breadcrumbs**, ensuring each is completely coated.
- Transfer to a clean plate.

Little Chef's TIP: Kids can help crumb the chicken.



Dish Up

- Divide the **chicken** between plates. Add a flaked **almond** 'fingernail' to each slice.
- Serve the cheesy wedges and **salad leaves** alongside.
- Drizzle **balsamic glaze** over the salad, then finish with a sprinkle of the remaining **almonds**.
- Serve with a dollop of **paprika mayo** for dipping.

Little Chef's TIP: Little cooks: Kids can help add the flaked almond fingernails.

Enjoy!