



# Classic Crumbed Chicken and Zesty Cabbage Slaw with roast baby potatoes and tomato relish

35 – 40 mins • Egg(s) not included

5



Irish Chicken Breast



Breadcrumbs



Cabbage



Carrot



Ballymaloe  
Tomato Relish



Aioli



Scallion



Lime



Baby Potatoes

Pantry Items: Egg, Oil, Salt, Pepper



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2025-W03



## 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.

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

## Cooking tools you will need

Baking sheet with baking paper, grater

## Ingredients

	2P	4P
Irish 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

## Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	407 kJ/ 97 kcal
Fat (g)	3 g
Sat. Fat (g)	0.4 g
Carbohydrate (g)	12.1 g
Sugars (g)	2.6 g
Protein (g)	6.9 g
Salt (g)	0.2 g

See site or app for detailed nutritional info.

## Allergens

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

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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

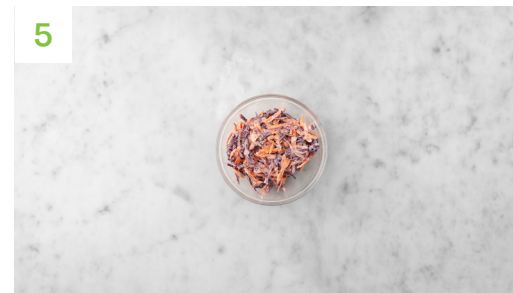
- Pop the **chicken** onto a lined baking tray.
- Place the **chicken** on the middle shelf until cooked through, 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



### 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** (per 2P) in a bowl.
- Add **breadcrumbs** 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!**