

Parmesan Chicken Nuggets

with Potato Cubes and Slaw

hellóchef

Breading chicken is super easy in this recipe which simply leaves the breadcrumbs out!

Cals 893 • Prot 73 • Carbs 76 • Fat 25

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🕒 cook: 35 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Nuggets	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Grana padano 4*, 5*	60	60	120	Grams
Plain flour 10*, 11*	30	30	50	Grams
Salt	0.5	1	1	Tsp
Organic Eggs 5*	1	2	2	Piece
Vegetable oil	2	3	4	Tbsp
Potato cubes				
Potatoes	600	900	1200	Grams
Vegetable oil	1	2	2	Tbsp
Salt	1	1	2	Tsp
Smoked paprika powder	2	2	4	Grams
Slaw				
White cabbage	300	450	600	Grams
Carrot	1	1	2	Piece
Green apple	1	1	2	Piece
Mayonnaise 5*, 9*, 13*	50	50	100	Grams
White vinegar	15	22	30	ML
Salt	0.5	0.5	0.5	Tsp

Allergens

*4 Milk, *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3728 / 893
Fat (g)	24.8
of which saturates (g)	10
Carbohydrate (g)	76
of which sugars (g)	18.6
Fiber (g)	16.1
Protein (g)	72.6
Salt (g)	1.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Bake potatoes

Preheat the oven to 200°C/180°C fan. Chop the **potatoes** (skins on) into cubes. Add the **potatoes** to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the **potatoes** in the **oil** until they are fully coated. Roast in the oven for 25-30 min or until starting to turn golden and crisp. Once crisp, sprinkle with the **smoked paprika**.



2 Prep ingredients

Meanwhile, chop the **chicken breast** into nuggets. Slice or shred the **white cabbage** as finely as possible. Peel and grate the **carrot**. Trim and finely slice the **apple** into matchsticks.



3 'Bread' chicken

In a bowl, combine the **Grana Padano**, all purpose **flour** and a pinch of **salt**. Add the **eggs** to a separate bowl and whisk. Dip the **chicken nuggets** in the whisked **eggs**, then coat them in the cheesy **flour**.



4 Fry chicken

Heat a non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the coated **chicken nuggets** and fry them for 5-6 min on each side until golden and cooked through. If the surface starts to brown too quickly, reduce the heat to low. Try not to move the **nuggets** around too much.



5 Assemble slaw

Meanwhile, mix the **mayonnaise**, **white vinegar** and a pinch of **salt** in a large bowl. Add the shredded **cabbage**, grated **carrot** and **apple**. Give everything a good mix up.



6 Serve

Serve the **chicken nuggets** with the **potatoes** and **slaw** to the side.