

Parmesan Chicken Nuggets

with Shoestring Fries and Crudités

hellóchef

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

Cals 865 • Prot 71 • Carbs 70 • Fat 25

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🕒 cook: 40 min

R3376



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

Shoestring fries

Potatoes	600	900	1200	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp

Crudités

Carrot	1	2	2	Piece
Cucumber	2	3	4	Piece

Garlic mayo

Garlic cloves	1	1	1	Piece
Mayonnaise 5*, 9*, 13*	50	75	100	Grams
Salt	0.5	0.5	1	Tsp

Sweet and sour

Ketchup	8	16	16	Grams
Sweet chilli sauce	40	60	80	ML

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)	3614 / 865
Fat (g)	24.5
of which saturates (g)	10
Carbohydrate (g)	70
of which sugars (g)	16.8
Fiber (g)	10.4
Protein (g)	71.2
Salt (g)	2.1

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



1 Shoestring fries

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into very thin **fries**. Add the **fries** to a large baking tray with a generous drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the **fries** in the **oil** until fully coated. Bake for 30 min or until golden and crisp.



2 Crudités

Peel the **carrots**. Chop the **carrots** and **cucumber** into **crudités**. Set aside.



3 Bread nuggets

Chop the **chicken breast** into **nuggets**. In a bowl, combine the **Grana Padano**, **plain 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 nuggets

Heat a non-stick pan over a medium heat with a generous 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 Sauces

Meanwhile, mince {0.5/0.5/1} **garlic cloves**. In a bowl, combine the **mayonnaise** and **garlic** (go easy if raw **garlic** isn't a favourite!) with a pinch of **salt** – this is your **garlic mayo**. In a second bowl, combine the **ketchup** and **sweet chilli sauce** – this is your **sweet and sour**.



6 Serve

Serve the **nuggets**, **crudités** and **shoestring fries** with the **sweet and sour sauce** and **garlic mayo** to the side.