



# Cheesy Aussie Chicken Parmigiana Tenders

with Bacon Wedges & Apple Salad

HALL OF FAME

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Diced Bacon



Passata



Aussie Spice Blend



Panko Breadcrumbs



Chicken Tenderloins



Parsley



Parmesan Cheese



Apple



Mixed Salad Leaves



Diced Bacon

Prep in: 25-35 mins  
Ready in: 35-45 mins

Eat Me Early

Craving that oh-so tasty chicken parmi but don't have time to get to the pub? Well stop right here, because we've brought this pub fave straight to you. And not only is this one paired with tasty bacon wedges and a bright tomato salad, we've done the unthinkable and made these parmi's tender-style!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, Butter, Egg, Vinegar (White Wine or Balsamic)



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Two oven trays lined with baking paper · Small saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
diced bacon	1 packet (90g)	1 packet (180g)
passata	1 box	2 boxes
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
Aussie spice blend	2 medium sachets OR 1 large sachet	4 medium sachets OR 2 large sachets
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
parsley	1 bag	1 bag
Parmesan cheese	1 medium packet	1 large packet
apple	1	2
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	2 medium bags
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3084kJ (737Cal)	446kJ (107Cal)
Protein (g)	61.9g	8.9g
Fat, total (g)	25.2g	3.6g
- saturated (g)	12.2g	1.8g
Carbohydrate (g)	61.1g	8.8g
- sugars (g)	18.6g	2.7g
Sodium (mg)	1775mg	256mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3472kJ (830Cal)	471kJ (113Cal)
Protein (g)	68.8g	9.3g
Fat, total (g)	32g	4.3g
- saturated (g)	14.7g	2g
Carbohydrate (g)	61.9g	8.4g
- sugars (g)	19.1g	2.6g
Sodium (mg)	2206mg	299mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the bacon wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **15 minutes**.
- Remove tray from oven and add **diced bacon** to wedges, then roast until golden, **10-12 minutes** (you may need to break up the bacon with your hands!).

**Custom Recipe:** If you've doubled your diced bacon, add extra diced bacon to the potato tray, as above.

4



## Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base of the pan.
- When oil is hot, cook **chicken** until golden, **2 minutes** each side. Transfer **chicken** to a second lined oven tray.
- Top each piece with the **tomato sauce**, then tear over **parsley** and sprinkle over **Parmesan cheese**. Bake until the cheese has melted and the chicken is cooked through, **8-12 minutes**.

**TIP:** Chicken is cooked through when it's no longer pink inside.

2



## Make the sauce

- Meanwhile, in a small saucepan, heat a drizzle of **olive oil** over medium heat.
- Add **passata**, the **brown sugar** and the **butter** and stir to combine. Reduce heat to low and simmer, stirring occasionally, until thickened, **3-4 minutes**. Remove from the heat and set aside. Season to taste.

5



## Make the salad

- While chicken is baking, thinly slice **apple**.
- In a large bowl, combine a drizzle of **olive oil** and the **vinegar**. Add **apple** and **mixed salad leaves**. Toss to coat and season to taste.

**Little cooks:** Take the lead by tossing the salad!

3



## Crumb the chicken

- In a shallow bowl, combine **Aussie spice blend** and a generous pinch of **pepper**.
- In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken tenderloins** into **Aussie spice mixture**, followed by the **egg** and finally in the **breadcrumbs**. Transfer to a plate.

**Little cooks:** Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers. Make sure to wash your hands well afterwards.

6



## Serve up

- Divide the bacon wedges and the cheesy Aussie chicken parmigiana between plates
- Serve with apple salad. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://www.hellofresh.com.au/rate)