

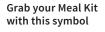
Smoked Cheddar Chicken Parmigiana

with Rosemary-Bacon Potatoes & Pear Salad

PUB BISTRO

CUSTOMER FAVOURITE

KID FRIENDLY













Diced Bacon





Smoked Cheddar



Chicken Breast

Cheese





Aussie Spice





Parmesan Cheese





Cucumber



Spinach & Rocket



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



You've never had a parmi like this before! Add our Aussie spice blend to the crumb, then top with fresh parsley, plus smoked Cheddar and Parmesan for an extra depth of flavour. Serve with fancy roast potatoes, plus a simple salad to cut the richness. **Pantry items**

Olive Oil, Egg, Balsamic Vinegar

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 \cdot Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
rosemary	1 stick	2 sticks	
diced bacon	1 packet (90g)	1 packet (180g)	
parsley	1 bag	1 bag	
smoked Cheddar cheese	1 packet (50g)	2 packets (100g)	
chicken breast	1 small packet	2 small packets OR 1 large packet	
Aussie spice blend	1 large sachet	2 large sachets	
egg*	1	2	
panko breadcrumbs	1 medium packet	2 medium packets	
passata	1 box	2 boxes	
Parmesan cheese	1 medium packe	1 large packet	
cucumber	1	2	
pear	1/2	1	
balsamic vinegar*	drizzle	drizzle	
spinach & rocket mix	1 small bag	1 medium bag	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3242kJ (775Cal)	425kJ (102Cal)
Protein (g)	65.8g	8.6g
Fat, total (g)	27.4g	3.6g
- saturated (g)	12.8g	1.7g
Carbohydrate (g)	60.8g	8g
- sugars (g)	17.9g	2.3g
Sodium (mg)	1921mg	252mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a beer?

We recommend pairing this meal with Pale Ale or Lager





Roast the loaded potatoes

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into bite-sized chunks. Place potato on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Roast until almost tender, 15 minutes.
- Meanwhile, pick and finely chop rosemary (see ingredients).
- To the tray with the roast potatoes, add rosemary and diced bacon. Return tray to oven and roast until golden, a further 10-12 minutes.

TIP: You may need to break up the bacon with your hands!



Get prepped

- While the potato is roasting, roughly chop **parsley** leaves.
- · Grate smoked Cheddar cheese.
- Place chicken breast between two sheets of baking paper. Pound using a meat mallet (or rolling pin) until an even thickness, about 2cm-thick.



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 into seasoned spice blend to coat, then into egg and finally in breadcrumbs.
 Transfer to a plate.



Cook the chicken

- In a large frying pan, heat enough olive oil to coat the base over medium-high heat. When oil is hot, cook chicken until golden, 2 minutes each side.
- Transfer chicken to a second lined oven tray. Top with passata, parsley, grated smoked Cheddar and Parmesan cheese.
- Bake until cheese is melted and chicken is cooked through, **8-10 minutes**.

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



Make the salad

- While the chicken is baking, thinly slice cucumber into rounds. Thinly slice pear (see ingredients) into wedges.
- In a large bowl, combine a drizzle of the balsamic vinegar and olive oil. Season, then add cucumber, pear and spinach & rocket mix. Toss to coat.



Serve up

- Divide smoked Cheddar chicken parmigiana and rosemary-bacon potatoes between plates.
- Serve with pear salad. Enjoy!

Rate your recipe

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Scan here if you have any questions or concerns