



Herby Chicken Schnitzel & Parsley Bacon Sauce

with Sweet Potato Mash & Pear Salad

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Pear



Parsley



Chicken Breast



Garlic & Herb Seasoning



Panko Breadcrumbs



Diced Bacon



Light Cooking Cream



Mixed Salad Leaves



Diced Bacon

Prep in: 35-45 mins
Ready in: 45-55 mins

Eat Me Early

Crispy crumbed chicken deserves a sauce that is just as good as it is. This creamy bacon and parsley number is the perfect accompaniment and will taste extra lovely when it trickles into the sweet potato mash as well.

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

Pantry items

Olive Oil, 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
butter*	20g	40g
pear	1	2
parsley	1 bag	1 bag
chicken breast	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
diced bacon	1 packet (90g)	1 packet (180g)
light cooking cream	1 medium packet	1 large packet
mixed salad leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3195kJ (764Cal)	530kJ (127Cal)
Protein (g)	50.8g	8.4g
Fat, total (g)	34g	5.6g
- saturated (g)	17.4g	2.9g
Carbohydrate (g)	60.9g	10.1g
- sugars (g)	21.6g	3.6g
Sodium (mg)	1037mg	172mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3582kJ (856Cal)	553kJ (132Cal)
Protein (g)	57.7g	8.9g
Fat, total (g)	40.8g	6.3g
- saturated (g)	19.9g	3.1g
Carbohydrate (g)	61.7g	9.5g
- sugars (g)	22.1g	3.4g
Sodium (mg)	1467mg	226mg

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.

We're here to help!

Scan here if you have any questions or concerns



1 Make the sweet potato mash

- Boil kettle. Peel **sweet potato** and cut into bite-sized chunks.
- Fill a medium saucepan with boiling water, add a pinch of **salt** and cook **sweet potato** until easily pierced with a knife, **10-15 minutes**.
- Drain and return to the pan. Add the **butter** to sweet potato and season generously with **salt**. Mash until smooth. Cover to keep warm.



4 Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- Cook crumbed **chicken** in batches, until golden and cooked through (when no longer pink inside), **2-4 minutes** each side.
- Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.



2 Get prepped

- Meanwhile, thinly slice **pear**.
- Finely chop **parsley**.



5 Make the bacon sauce

- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**. Cook **diced bacon**, breaking up with a spoon, until golden, **4-6 minutes**.
- Reduce heat to low, add a dash of **water** and scrape up any bits stuck to the bottom of the pan.
- Add **light cooking cream** and **parsley**. Cook, stirring, until the sauce has thickened, **1-2 minutes**. Season to taste.

Custom Recipe: If you've doubled your diced bacon, cook bacon for an extra 2-3 minutes.



3 Crumb the chicken

- Place **chicken breast** between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm.
- In a shallow bowl, combine **garlic & herb seasoning** and a generous pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken** into the **garlic & herb mixture**, followed by the **egg**, and finally in the **breadcrumbs**. Set aside on 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

- In a large bowl, combine **mixed salad leaves**, pear, a drizzle of **vinegar** and olive oil. Season.
- Slice the chicken.
- Divide the herby chicken schnitzel, sweet potato mash and pear salad between plates.
- Drizzle over parsley bacon sauce to serve. Enjoy!

Little cooks: Take the lead by tossing the salad!

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