



Baked Mustard Chicken & Stuffing Crumb

with Roast Potatoes & Cranberry-Apple Salad

FESTIVE FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Herb Crumbing Mix



Parmesan Cheese



Dried Cranberries



Chicken Breast



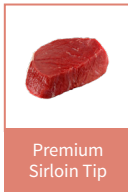
Mustard Mayo



Apple



Mixed Salad Leaves



Premium Sirloin Tip

Prep in: 10-20 mins
Ready in: 35-45 mins

Calorie Smart

Eat Me Early

There is nothing better than a Christmas meal that just checks off all of the boxes. A colourful and fresh cranberry-apple salad, tick. Crunchy roast potatoes cooked to perfection, tick. And the Christmas dinner centrepiece; stuffing-crumbed mustard chicken, tick tick tick!

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

Pantry items

Olive Oil, White Wine 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
herb crumbing mix	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
dried cranberries	1 packet	2 packets
chicken breast	1 small packet	2 small packets OR 1 large packet
mustard mayo	1 medium packet	2 medium packets
apple	½	1
mixed salad leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
premium sirloin tip**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2564kJ (613Cal)	512kJ (122Cal)
Protein (g)	47.4g	9.5g
Fat, total (g)	20.4g	4.1g
- saturated (g)	5.2g	1g
Carbohydrate (g)	58.5g	11.7g
- sugars (g)	21.6g	4.3g
Sodium (mg)	711mg	142mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2533kJ (605Cal)	522kJ (125Cal)
Protein (g)	44g	9.1g
Fat, total (g)	21.1g	4.3g
- saturated (g)	5.9g	1.2g
Carbohydrate (g)	58.5g	12g
- sugars (g)	21.6g	4.4g
Sodium (mg)	702mg	145mg

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



Roast the chat potatoes

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, in a medium bowl, combine **herb crumbing mix**, **Parmesan cheese**, a generous drizzle of **olive oil** and a pinch of **salt**.
- Meanwhile, in a large heatproof bowl, add **dried cranberries** and cover with boiling water.

3



Toss the salad

- Meanwhile, thinly slice **apple** (see ingredients) into wedges.
- Drain **cranberries** and return to bowl.
- Just before serving, add **apple**, **mixed salad leaves** and a drizzle of the **white wine vinegar** and **olive oil**. Toss to combine. Season.

Little cooks: Take the lead by tossing the salad!

2



Cook the chicken

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- Place **chicken** steaks on a second lined oven tray. Spread half the **mustard mayo** over the top of **chicken**. Spoon over **Parmesan-herb crumb mixture**, gently pressing so it sticks.
- Bake until cooked through (when no longer pink inside) and crumb is golden, **14-16 minutes**.

Custom Recipe: If you've upgraded to premium sirloin tip, in a large frying pan, heat a drizzle of olive oil over high heat. Season premium sirloin tip all over and add to hot pan. Sear until browned, 1 minute on both sides. Transfer to a lined oven tray. Spread half the mustard mayo over the top of steak. Spoon over Parmesan-herb crumb mixture, gently pressing so it sticks. Roast for 17-22 minutes for medium or until cooked to your liking. Remove from oven and cover with foil to rest for 10 minutes.

4



Serve up

- Divide baked mustard chicken and stuffing crumb, roast potatoes and cranberry apple salad between plates.
- Serve with remaining mustard mayo. Enjoy!

Rate your recipe

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