



Cheesy Chicken Parmigiana Tenders

with Loaded Bacon Wedges & Apple Salad

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Diced Bacon



Passata



Aussie Spice Blend



Panko Breadcrumbs



Chicken Tenderloins



Parmesan Cheese



Parsley



Apple



Mixed Salad Leaves



Pork Schnitzels

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 apple salad, we've done the unthinkable and made these parm 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
olive oil*	refer to method	refer to method
potato	2	4
diced bacon	1 medium packet	1 large packet
passata	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
Aussie spice blend	1 large sachet	2 large sachets
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet
apple	1	2
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium packet	2 medium packet
pork schnitzels**	1 medium packet	2 medium packets OR 1 large packet

*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)	12.3g	1.8g
Carbohydrate (g)	61.3g	8.9g
- sugars (g)	18.7g	2.7g
Sodium (mg)	1775mg	256mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2975kJ (711Cal)	446kJ (107Cal)
Protein (g)	54.7g	8.2g
Fat, total (g)	24.7g	3.7g
- saturated (g)	12.3g	1.8g
Carbohydrate (g)	63g	9.4g
- sugars (g)	19g	2.8g
Sodium (mg)	2095mg	314mg

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



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!).



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 sprinkle over **Parmesan cheese** and tear over **parsley**. Bake until the cheese has melted and the chicken is cooked through, **8-12 minutes**.

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over high heat. Cook pork schnitzel in batches, until golden and cooked through, 1-2 minutes each side. Transfer to a second lined oven tray. Continue as above.



Make the sauce

- Meanwhile, in a small saucepan, heat a drizzle of **olive oil** over medium heat.
- Add **passata**, the **brown sugar** and **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.



Make the salad

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

Little cooks: Take the lead by tossing the salad!



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.

Custom Recipe: If you've swapped to pork schnitzel, crumb pork as above.



Serve up

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

Custom Recipe: Divide bacon wedges between plates and serve with Aussie pork parmigiana and apple salad.

Rate your recipe

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