



Herb-Crumbed Chicken & Bacon Potato Salad

with Green Beans & Baby Spinach

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Lemon



Potato



Green Beans



Garlic



Rosemary



Spring Onion



Chicken Breast



Panko Breadcrumbs



Diced Bacon



Mustard Mayo



Baby Spinach Leaves



Diced Bacon

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

What better way to perk up juicy chicken breast than with a herby panko crumb? Serve with a loaded potato salad, complete with baby spinach for an extra dose of greens and our mustard mayo for creaminess and tang.

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

Pantry items

Olive Oil, Plain Flour, Egg

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
potato	2	4
green beans	1 small packet	1 medium packet
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
spring onion	1 stem	2 stems
chicken breast	1 medium packet	2 medium packets OR 1 large packet
salt* (for the crumb)	1 tsp	2 tsp
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
diced bacon	1 medium packet	1 large packet
mustard mayo	1 medium packet	2 medium packets
salt* (for the salad)	¼ tsp	½ tsp
baby spinach leaves	1 medium packet	1 large packet
diced bacon**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3169kJ (757Cal)	512kJ (122Cal)
Protein (g)	58.5g	9.5g
Fat, total (g)	33.1g	5.4g
- saturated (g)	6.5g	1.1g
Carbohydrate (g)	53.7g	8.7g
- sugars (g)	8.1g	1.3g
Sodium (mg)	2075mg	335mg
Dietary Fibre (g)	9.4g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3557kJ (850Cal)	536kJ (128Cal)
Protein (g)	65.4g	9.9g
Fat, total (g)	39.8g	6g
- saturated (g)	9g	1.4g
Carbohydrate (g)	54.4g	8.2g
- sugars (g)	8.6g	1.3g
Sodium (mg)	2506mg	378mg
Dietary Fibre	9.4g	1.4g

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.



Get prepped

- Bring a medium saucepan of salted water to the boil.
- Zest **lemon** to get a generous pinch, then slice into wedges. Peel **potato** and chop into large chunks. Trim and roughly chop **green beans**. Finely chop **garlic**. Pick **rosemary** leaves, then finely chop. Roughly chop **spring onion**.
- Place your hand flat on top of each **chicken breast** and slice horizontally to make two thin steaks.



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 and cooked through, **2-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the chicken doesn't stick to the pan!

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



Cook the potato & beans

- Cook **potato** in the boiling water until easily pierced with a fork, **10-12 minutes**.
- When potato has **4 minutes** remaining, add **green beans** to saucepan and cook until just tender. Drain **potato** and **green beans**, then transfer to a bowl to cool.



Finish the salad

- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **diced bacon**, breaking up with a spoon, until browned, **4-5 minutes**.
- Transfer to a large bowl. Add **mustard mayo**, a drizzle of **olive oil**, a squeeze of **lemon juice** and the **salt (for the salad)**. Season with **pepper**, then add **potato, green beans, baby spinach leaves** and **spring onions**. Toss to coat.

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



Crumb the chicken

- While potato is cooking, combine the **salt (for the crumb)** and **plain flour** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **rosemary, garlic, lemon zest, panko breadcrumbs** and a good pinch of **salt** and **pepper**.
- Dip **chicken** into **flour mixture** to coat, then into the **egg** and finally in the **herb-panko mixture**. Transfer to a plate.



Serve up

- Divide chicken and bacon, potato and green bean salad between plates.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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