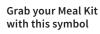


# Sticky Chicken & Bacony Greens with Parmesan Mash

FAST & FANCY **KID FRIENDLY** 



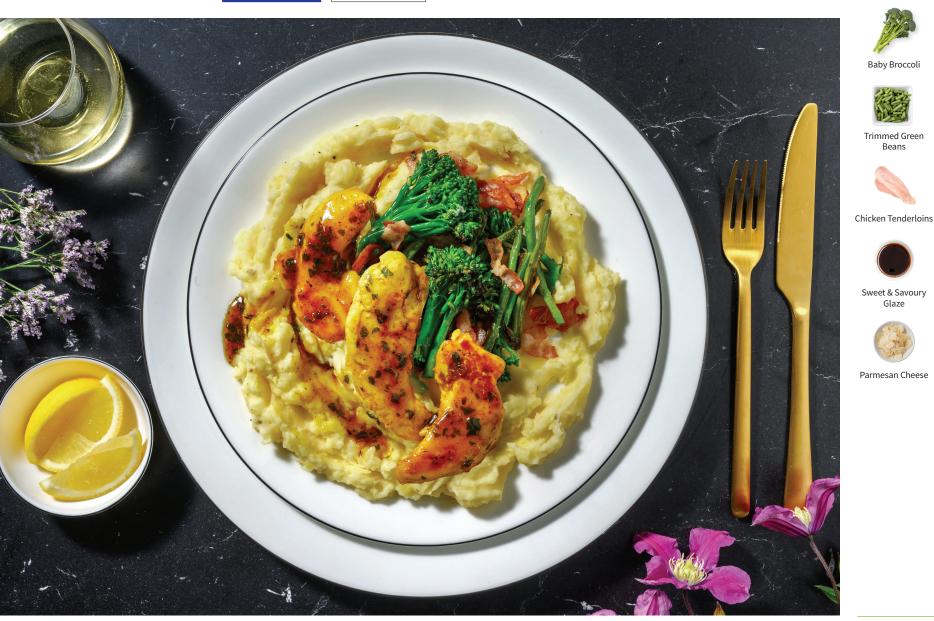


Lemon

Diced Bacon

Savoury Seasoning

Mashed Potato



Pantry items Olive Oil

Prep in: 15-25 mins Ready in: 20-30 mins

**Calorie Smart** 

This fun and fast meal is nothing short of fancy. With a gorgeous Parmesan mash, an array of bacony greens and perfectly sweet yet sour chicken, all you need to finish it off is a slice of lemon.

1 Eat Me Early

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#### 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 Large frying pan

Ingredients

	2 People	4 People		
olive oil*	refer to method	refer to method		
baby broccoli	1 bunch	2 bunches		
lemon	1/2	1		
trimmed green beans	1 medium packet	2 medium packets		
diced bacon	1 medium packet	1 large packet		
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet		
savoury seasoning	1 medium sachet	2 medium sachets		
sweet & savoury glaze	1 medium packet	1 large packet		
mashed potato	1 medium packet	2 medium packets		
Parmesan cheese	1 medium packet	1 large packet		

#### \*Pantry Items

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Avg Qty	Per Serving	Per 100g
Energy (kJ)	2589kJ (619Cal)	391kJ (93Cal)
Protein (g)	58.8g	8.9g
Fat, total (g)	20.2g	3.1g
- saturated (g)	10.4g	1.6g
Carbohydrate (g)	42.4g	6.4g
- sugars (g)	16.1g	2.4g
Sodium (mg)	4138mg	625mg
Dietary Fibre (g)	10.2g	1.5g

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.



#### Cook the veggies

• Trim baby broccoli.

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- Slice lemon into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook baby broccoli, trimmed green beans and diced bacon, tossing and breaking up bacon with a spoon, until golden, 5-6 minutes.
- Transfer to a bowl. Season and cover to keep warm.



## Cook the chicken

- While the veggies are cooking, in a medium bowl, combine chicken tenderloins, savoury seasoning, a drizzle of olive oil and a pinch of salt.
- Return pan to medium-high heat with a drizzle of olive oil. Cook chicken tenderloins, tossing, until browned and cooked through, 3-4 minutes each side.
- Remove pan from heat then add **sweet & savoury glaze**, turning **chicken** to coat.

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



#### Heat the mash

- Meanwhile, transfer **mashed potato** to a medium heatproof bowl.
- Microwave until hot and steaming, 3 minutes.
- Stir through **Parmesan cheese** until combined. Season with **pepper**.

#### Serve up

- Divide Parmesan mash between plates.
- Top with sticky chicken and bacony greens.
- Serve with lemon wedges. Enjoy!



## Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: **hellofresh.com.au/rate**