



# Herby Chicken & Creamy Bacon Sauce

with Sweet Potato Mash & Sweet Cherry Tomato Salad

HALL OF FAME

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Pear



Snacking Tomatoes



Parsley



Chicken Breast



Garlic & Herb Seasoning



Panko Breadcrumbs



Diced Bacon



Light Cooking Cream



Mixed Salad Leaves



Pork Schnitzels

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 · Air fryer · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
<b>butter*</b>	20g	40g
pear	1	2
snacking tomatoes	½ medium packet	1 medium packet
parsley	1 packet	1 packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
diced bacon	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
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)	2448kJ (585Cal)	443kJ (106Cal)
Protein (g)	50.5g	9.1g
Fat, total (g)	27.4g	5g
- saturated (g)	7.9g	1.4g
Carbohydrate (g)	34.1g	6.2g
- sugars (g)	19.4g	3.5g
Sodium (mg)	1004mg	182mg
Dietary Fibre (g)	7.3g	1.3g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3579kJ (855Cal)	604kJ (144Cal)
Protein (g)	46.6g	7.9g
Fat, total (g)	45.5g	7.7g
- saturated (g)	18.9g	3.2g
Carbohydrate (g)	63.1g	10.7g
- sugars (g)	21.6g	3.6g
Sodium (mg)	1371mg	232mg
Dietary Fibre	9.9g	1.7g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1 Make the sweet potato mash

- Boil kettle. Peel **sweet potato** and cut into bite-sized chunks.
- Fill a medium saucepan with salted boiling water, add **sweet potato** and cook over high heat 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.

**Little cooks:** Get those muscles working and help mash the sweet potatoes!



## 4 Cook the chicken

- Set your air fryer to **200°C**. Place **crumbed chicken** into air fryer basket and cook, turning halfway through, until golden and cooked through, **12-15 minutes**. Cook in batches if needed.

**TIP:** No air fryer? Heat a large frying pan over medium-high heat with enough olive oil to coat the base. Fry pork in batches until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.



## 2 Get prepped

- Meanwhile, thinly slice **pear**. Roughly chop **snacking tomatoes (see ingredients)**.
- Finely chop **parsley**.
- Place **chicken breast** between two sheets of baking paper. Pound **chicken breast** with a meat mallet or rolling pin until they are an even thickness, about 1cm.



## 5 Make the bacon sauce

- While the **chicken** is cooking, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. 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.



## 3 Crumb the chicken

- 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 the **chicken** into the **garlic & herb mixture**, followed by the **egg** and finally in the **breadcrumbs**. Set aside on a plate.

**Custom Recipe:** If you've swapped to pork schnitzels, crumb and cook the pork in the same way as the chicken.



## 6 Serve up

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

**Little cooks:** Take the lead by tossing the salad!

**Custom Recipe:** Slice pork and serve as above.

We're here to help!

Scan here if you have any questions or concerns

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