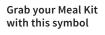


Herby Chicken & Creamy Bacon Sauce with Sweet Potato Mash & Sweet Cherry Tomato Salad

HALL OF FAME

KID FRIENDLY

AIR FRYER FRIENDLY











Snacking Tomatoes





Chicken Breast





Seasoning



Panko Breadcrumbs



Diced Bacon



Light Cooking



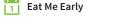


Mixed Salad Leaves





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.



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 \cdot Air fryer \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
butter*	20g	40g
pear	1	2
snacking tomatoes	½ medium packet	1 medum 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
egg*	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
vinegar* (white wine or balsamic)	drizzle	drizzle
pork schnitzels**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
2448kJ (585Cal)	443kJ (106Cal)
50.5g	9.1g
27.4g	5g
7.9g	1.4g
34.1g	6.2g
19.4g	3.5g
1004mg	182mg
7.3g	1.3g
	2448kJ (585Cal) 50.5g 27.4g 7.9g 34.1g 19.4g 1004mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



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.



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.



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.



Make the bacon sauce

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



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.

