

Baked Chicken & Cheesy Herb Crumb

with Roast Sweet Potatoes & Cranberry-Apple Salad

CHRISTMAS IN JULY

KID FRIENDLY

Grab your meal kit with this number

13



Sweet Potato



Dried Cranberries



Herb Crumbing Mix



Parmesan Cheese



Chicken Breast



Mustard Mayo



Apple



Snacking Tomatoes



Mixed Salad Leaves



Premium Sirloin Tip



Beef Rump

Prep in: 10-20 mins
Ready in: 35-45 mins

 Calorie Smart

 Eat Me Early

There is nothing better than a Christmas meal that just checks off all of the boxes. A colourful and fresh cranberry-apple salad, tick. Crunchy roast sweet potatoes cooked to perfection, tick. And the Christmas dinner centrepiece; stuffing-crumbed mustard chicken, tick tick tick!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
dried cranberries	1 packet	2 packets
herb crumbing mix	1 medium packet	2 medium packets
Parmesan cheese	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
mustard mayo	1 medium packet	2 medium packets
apple	½	1
snacking tomatoes	1 medium packet	2 medium packets
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2574kJ (615Cal)	436kJ (104Cal)
Protein (g)	50.5g	8.6g
Fat, total (g)	18.3g	3.1g
- saturated (g)	4.6g	0.8g
Carbohydrate (g)	60.6g	10.3g
- sugars (g)	21.7g	3.7g
Sodium (mg)	706mg	120mg
Dietary Fibre (g)	8.1g	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.

1



Roast the sweet potatoes

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **sweet potato** into bite-sized chunks.
- Place **sweet potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, place **dried cranberries** in a large heatproof bowl and cover with boiling water. Set aside.
- Meanwhile, combine **herb crumbing mix** and **Parmesan cheese** in a medium bowl. Add a generous drizzle of **olive oil** and a pinch of **salt**.

3



Toss the salad

- Meanwhile, thinly slice **apple** (see ingredients) into wedges. Halve **snacking tomatoes**.
- Drain **cranberries** and return to bowl.
- Just before serving, add **apple**, **snacking tomatoes**, **mixed salad leaves** and a drizzle of the **white wine vinegar** and **olive oil** to the cranberries. Toss to combine. Season.

2



Cook the chicken

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- Place **chicken steaks** on a second lined oven tray. Spread half the **mustard mayo** over the top of chicken. Spoon over **Parmesan-herb crumb mixture**, gently pressing so it sticks.
- Bake until cooked through (when no longer pink inside) and crumb is golden, **14-16 minutes**.

4



Serve up

- Divide baked chicken and cheesy herb crumb, roast sweet potatoes and cranberry apple salad between plates.
- Serve with remaining mustard mayo. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



SWAP TO PREMIUM SIRLOIN TIP

Sear until browned. Place on lined tray and top as above. Roast for 17-22 minutes for medium or until cooked to your liking. Rest before serving.



SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

