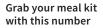


Herby Chicken & Creamy Bacon Sauce with Sweet Potato Mash & Salad

HALL OF FAME

KID FRIENDLY

AIR FRYER FRIENDLY









Sweet Potato





Parsley

Garlic & Herb Seasoning





Panko Breadcrumbs

Chicken Tenderloins





Diced Bacon

Light Cooking Cream



Baby Spinach Leaves









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

Medium saucepan with a lid · Air fryer · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
butter*	20g	40g
apple/pear	1	2
parsley	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
eggs*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
diced bacon	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
baby spinach leaves	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3660kJ (875Cal)	593kJ (142Cal)
Protein (g)	53.6g	8.7g
Fat, total (g)	45.4g	7.4g
- saturated (g)	18.8g	3g
Carbohydrate (g)	61.1g	9.9g
- sugars (g)	21.4g	3.5g
Sodium (mg)	1041mg	169mg
Dietary Fibre (g)	9.1g	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.



Make the sweet potato mash

- Boil the kettle. Peel sweet potato and cut into bite-sized chunks.
- Fill a medium saucepan with boiling water, add a generous pinch of salt, then bring to the boil over high heat. Add sweet potato, cook 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 apple/pear.
- Finely chop parsley.



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 and olive oil (2 tbs for 2 people / ¼ cup for 4 people).
- Dip the chicken tenderloins into garlic & herb mixture, followed by the egg and finally in the breadcrumbs. Set aside on a plate.

TIP: No air fryer? Leave the oil out of the panko mix!



Cook the chicken

 Set air fryer to 200°C. Place crumbed chicken into air fryer basket and cook, turning halfway through, until golden and cooked through (when no longer pink inside), 12-15 minutes.
 Cook chicken in batches if your air fryer basket is getting crowded!

TIP: No air fryer? Heat a large frying pan over medium-high heat with enough olive oil to cover the base. Fry chicken in batches, until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.



Make the bacon sauce

- 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.



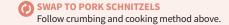
Serve up

- In a large bowl, combine baby spinach leaves, apple/pear, a drizzle of the vinegar and olive oil.
 Season to taste.
- Slice chicken.
- Divide herby 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!



DOUBLE DICED BACONFollow method above.



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

