



Herby Chicken & Creamy Bacon Sauce

with Sweet Potato Mash & Salad

HALL OF FAME

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

4



Sweet Potato



Apple/Pear



Parsley



Garlic & Herb Seasoning



Panko Breadcrumbs



Chicken Tenderloins



Diced Bacon



Light Cooking Cream



Baby Spinach Leaves



Diced Bacon



Pork Schnitzels

Prep in: 35-45 mins
Ready in: 45-50 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.

Pantry items

Olive Oil, Butter, Eggs, Vinegar (White Wine or Balsamic)

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.



1 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!



4 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.



2 Get prepped

- Meanwhile, thinly slice **apple/pear**.
- Finely chop **parsley**.



5 Make the bacon sauce

- In a large frying pan, heat a drizzle of **olive oil**. 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** 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!



6 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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



CUSTOM OPTIONS

+ **DOUBLE DICED BACON**
Follow method above.

↻ **SWAP TO PORK SCHNITZELS**
Follow crumbing and cooking method above.

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

