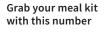


# Baked Chicken & Cheesy Herb Crumb with Roast Potatoes & Cranberry-Apple Salad

CHRISTMAS IN JULY

KID FRIENDLY











Potato

**Dried Cranberries** 



Herb Crumbing



Parmesan Cheese









Mustard Mayo

**Snacking Tomatoes** 

Leaves

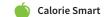


Premium Sirloin Tip



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

Eat Me Early



There is nothing better than a Christmas in July meal that just checks off all of the boxes. A colourful and fresh cranberryapple salad, tick. Crunchy roast potatoes cooked to perfection, tick. And the Christmas dinner centrepiece; stuffingcrumbed mustard chicken, 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

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	2 People	4 People
olive oil*	refer to method	refer to method
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	1/2	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
- saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	4.6g 60.6g 21.7g 706mg	0.8g 10.3g 3.7g 120mg

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.



### Roast the potatoes

- Preheat oven to 240°C/220°C fan-forced. Boil the kettle. Cut potato into bite-sized chunks.
- Place 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 in boiling water. Set aside.
- Combine herb crumbing mix and Parmesan cheese in a medium bowl. Add a generous drizzle of olive oil and a pinch of salt.



#### 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 white wine vinegar and olive oil to the cranberries. Toss to combine. Season to taste.



#### 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.



# Serve up

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





#### SWAP TO PREMIUM SIRLOIN TIP

Preheat oven to 220°C/200°C fan-forced. In a frying pan, sear premium sirloin tip until browned. Roast on a lined tray for 17-22 minutes for medium or until cooked to your liking. Rest for 10 minutes.



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

