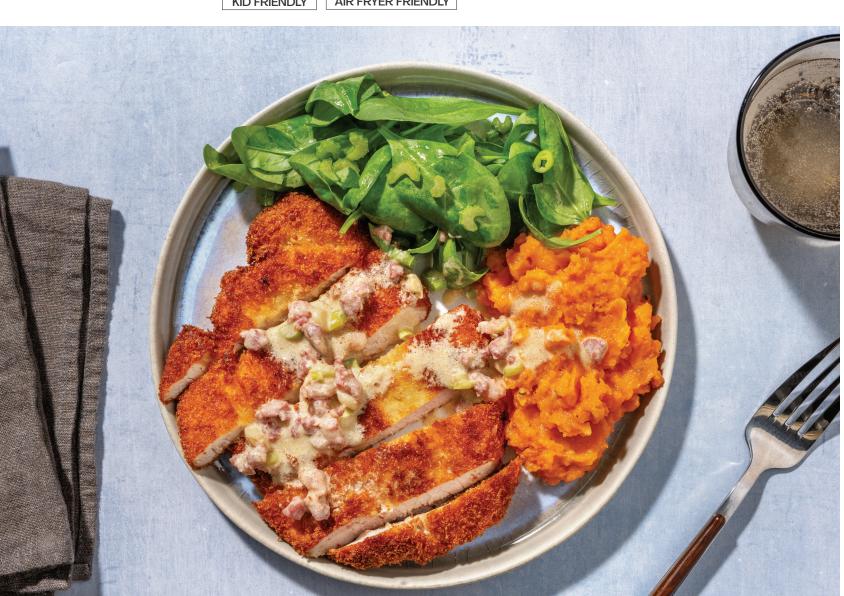


Crumbed Chicken & Creamy Bacon Sauce

with Sweet Potato Mash & Green Salad

KID FRIENDLY

AIR FRYER FRIENDLY



Grab your meal kit with this number





Sweet Potato





Spring Onion





Chicken Breast



Garlic & Herb



Seasoning

Panko Breadcrumbs



Diced Bacon



Light Cooking Cream



Baby Spinach Leaves





Prep in: 35-45 mins Ready in: 45-55 mins

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

ople to method	4 People refer to method 4
to method	
	4
	40g
dium packet	1 large packet
n	2 stems
dium packet	2 medium packets OR 1 large packet
dium sachet	1 large sachet
	2
dium packet	1 large packet
e	drizzle
	dium packet m dium packet dium sachet dium packet dium packet dium packet dium packet

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3553kJ (849cal)	352kJ (84cal)
53.7g	5.3g
45.3g	4.5g
18.7g	1.9g
55.8g	5.5g
16.5g	1.6g
1056mg	104.8mg
7.9g	0.8g
	3553kJ (849cal) 53.7g 45.3g 18.7g 55.8g 16.5g 1056mg

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 salted boiling water, then 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 celery and spring onion.
- 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 gartic & 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 chicken into the garlic & herb mixture, followed by the egg and finally into 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 the air fryer basket and cook, turning halfway through, until golden and cooked through (when no longer pink inside), 12-15 minutes.

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.

TIP: Cook in batches if needed!



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 spring onion and cook, stirring, until the sauce has thickened,
 1-2 minutes. Season to taste with salt and pepper.



Serve up

- In a large bowl, combine baby spinach leaves, celery, a drizzle of the vinegar and olive oil.
 Season to taste.
- Slice chicken.
- Divide crumbed chicken, sweet potato mash and green salad between plates.
- Drizzle over creamy bacon sauce to serve. Enjoy!

Little cooks: Take the lead by tossing the salad!



SWAP TO PORK SCHNITZEL

Follow crumbing and cooking method above, turning halfway in the air fryer basket, until golden, 6-8 minutes.



DOUBLE DICED BACON

Follow method above, cooking in batches if necessary.

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

