



# Chicken Parmi & Loaded Bacon Wedges with Apple Salad

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Grab your meal kit  
with this number

4



Potato



Diced Bacon



Passata



Aussie Spice Blend



Panko Breadcrumbs



Chicken Tenderloins



Parsley



Parmesan Cheese



Apple



Baby Spinach Leaves



Diced Bacon



Pork Schnitzel

Prep in: 25-35 mins  
Ready in: 35-45 mins



Protein Rich



Eat Me Early

Craving that oh-so tasty chicken parmi but don't have time to get to the pub? Well stop right here, because we've brought this pub fave straight to you. And not only is this one paired with tasty bacon wedges and a bright apple salad, we've done the unthinkable and made these parmies tender-style!

### Pantry items

Olive Oil, Brown Sugar, Butter, Egg

## 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

Air fryer or two oven trays lined with baking paper · Small saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
diced bacon	1 medium packet	1 large packet
passata	1 packet	2 packets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
Aussie spice blend	1 large sachet	2 large sachets
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
parsley	1 packet	1 packet
Parmesan cheese	1 medium packet	1 large packet
apple	1	2
baby spinach leaves	1 medium packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3030kJ (724cal)	267kJ (64cal)
Protein (g)	61.5g	5.4g
Fat, total (g)	25.4g	2.2g
- saturated (g)	12.6g	1.1g
Carbohydrate (g)	58g	5.1g
- sugars (g)	17.4g	1.5g
Sodium (mg)	1494mg	131.6mg
Dietary Fibre (g)	9g	0.8g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



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## Roast the bacon wedges

- Cut **potato** into wedges. Set air fryer to **200°C**.
- Place **wedges** into a foil-lined air fryer basket and cook for **10 minutes**.
- Shake the basket, sprinkle over **diced bacon** and cook until golden, a further **10-15 minutes** (you may need to break up the bacon with your hands!).

**TIP:** No air fryer? Preheat oven to 240°C/220°C fan-forced. Place wedges on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Roast until tender, 15 minutes. Remove tray from oven and add diced bacon to wedges, then roast until golden, 10-12 minutes.

4



## Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base of the pan.
- When oil is hot, cook **chicken** until golden, **2 minutes** each side.
- Once fries are done, place **chicken** into the foil-lined air fryer basket. Top with the **tomato sauce**, then tear over **parsley** and sprinkle over **Parmesan cheese**. Cook, until cheese has melted, **5 minutes**.

**TIP:** No air fryer? Transfer chicken to a second lined oven tray. Follow method above and bake until the chicken is cooked through, 8-12 minutes.

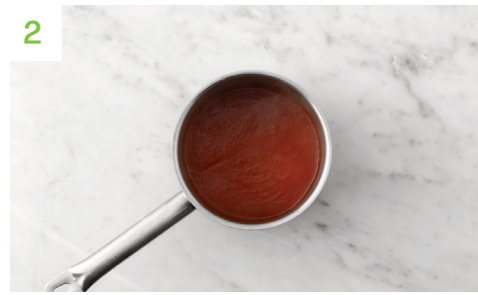
### CUSTOM OPTIONS



#### DOUBLE DICED BACON

Follow method above, cooking in batches if necessary.

2



## Make the sauce

- Meanwhile, in a small saucepan, heat a drizzle of **olive oil** over medium heat.
- Add **passata**, the **brown sugar** and **butter** then stir to combine. Reduce heat to low and simmer, stirring occasionally, until thickened, **3-4 minutes**. Remove from the heat and set aside. Season to taste with **salt** and **pepper**.

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## Make the salad

- While the chicken is baking, thinly slice **apple**.
- In a large bowl, combine a drizzle of **olive oil** and **vinegar**. Add **apple** and **baby spinach leaves**. Toss to coat and season to taste.

**Little cooks:** Take the lead by tossing the salad!

3



## Crumb the chicken

- In a shallow bowl, combine **Aussie spice blend** and a generous pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken tenderloins** into **Aussie spice mixture**, followed by the **egg**, then finally into the **breadcrumbs**. Transfer to a plate.

6



## Serve up

- Divide the loaded bacon wedges and chicken parmigiana between plates.
- Serve with the apple salad. Enjoy!

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

