



Chicken Parmi Tenders & Bacon Wedges with Apple Salad

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Grab your meal kit
with this number

4



Potato



Diced Bacon



Passata



Chicken Breast



Aussie Spice Blend



Panko Breadcrumbs



Parsley



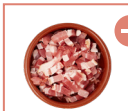
Parmesan Cheese



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, 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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
diced bacon	1 medium packet	1 large packet
passata	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 large sachet	2 large sachets
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
parsley	1 packet	1 packet
Parmesan cheese	1 medium packet	1 large packet
apple	1	2
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)	3068kJ (733cal)	447kJ (65cal)
Protein (g)	61.8g	9g
Fat, total (g)	25.6g	3.7g
- saturated (g)	12.6g	1.8g
Carbohydrate (g)	59.5g	8.7g
- sugars (g)	18g	2.6g
Sodium (mg)	1743mg	253.7mg
Dietary Fibre (g)	9.3g	1.4g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



1 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 fanforced. 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. Transfer to a paper towel-lined plate.
- Once fries are done, place **chicken** into the air fryer basket. Top each piece 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. Season as above. Bake until the chicken is cooked through, 8-12 minutes.



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** and 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.



5 Make the salad

- While 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

- Slice **chicken breast** into thin strips.
- 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** into **Aussie spice mixture**, followed by the **egg** and finally in the **breadcrumbs**. Transfer to a plate.

Little cooks: Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers! Make sure to wash your hands well afterwards.



6 Serve up

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

CUSTOM OPTIONS

+ DOUBLE DICED BACON
Follow method above.

🔄 SWAP TO PORK SCHNITZEL
Thinly slice into strips. Follow crumbing method above and cook for 1-2 minutes each side.

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

