

# Crumbed Chicken & Creamy Bacon Sauce

with Sweet Potato Mash & Green Salad

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Grab your meal kit with this number



**Sweet Potato** 





**Spring Onion** 



Chicken Breast



Garlic & Herb



Seasoning



Diced Bacon



Panko Breadcrumbs

Light Cooking Cream



**Baby Spinach** Leaves





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

#### **Pantry items**

## 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
celery	1 medium packet	1 large packet
spring onion	1 stem	2 stems
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
diced bacon	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3527kJ (585cal)	585kJ (97cal)
Protein (g)	53.5g	8.9g
Fat, total (g)	45.3g	7.5g
- saturated (g)	18.7g	3.1g
Carbohydrate (g)	54.6g	9.1g
- sugars (g)	16.2g	2.7g
Sodium (mg)	939mg	155.7mg
Dietary Fibre (g)	7.8g	1.3g

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 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.
- Thinly slice **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 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 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, then add a dash of water and scrape up any bits stuck to the bottom of the pan.
- Add light cooking cream and spring onion.
  Cook, stirring, until the sauce has thickened,
  1-2 minutes. Season to taste with salt and pepper.



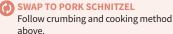
## Serve up

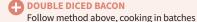
- In a large bowl, combine baby spinach leaves, celery and a drizzle of the vinegar and olive oil.
   Season to taste.
- · Slice chicken.
- Divide crumbed chicken, sweet potato mash and green salad between plates.
- Drizzle over creamy bacon sauce to serve. Enjoy!

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









if necessary.

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

