



# Crumbed Chicken & Creamy Bacon Sauce

with Sweet Potato Mash & Green Salad

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

4



Sweet Potato



Celery



Spring Onion



Chicken Breast



Garlic & Herb Seasoning



Panko Breadcrumbs



Diced Bacon



Light Cooking Cream



Baby Spinach Leaves



Pork Schnitzel



Diced Bacon

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

Eat Me Early

Crispy crumbed chicken deserves a sauce that is just as good as it is. This creamy bacon and parsley number is the perfect accompaniment and will taste extra lovely when it trickles into the sweet potato mash as well.

### Pantry items

Olive Oil, 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

Medium saucepan with a lid · Air fryer · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
<b>butter*</b>	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
<b>egg*</b>	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
<b>vinegar*</b> (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](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

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## 1 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!



## 4 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!



## 2 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.



## 5 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**.



## 3 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!



## 6 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!

## CUSTOM OPTIONS



### SWAP TO PORK SCHNITZEL

Follow crumbing and cooking method above.



### 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.

