



Herby Chicken & Zesty Almond Pangrattato with Creamy Bacon Potatoes & Apple Salad

AIR FRYER FRIENDLY

Grab your meal kit
with this number

4



Lemon



Potato



Apple



Mixed Salad
Leaves



Chicken Breast



Garlic & Herb
Seasoning



Panko Breadcrumbs



Flaked Almonds



Diced Bacon



Mustard Mayo



Pork Loin
Steaks



Chicken
Tenderloins

Prep in: 25-35 mins
Ready in: 30-40 mins

Protein Rich

Eat Me Early

The best way to spice up your typical dinners is by incorporating extra ingredients to make a whole new concoction. Tonight, we've added a creamy diced bacon number to your boiled potatoes and whipped up a lemon and almond crumb to take your chicken to the next level!

Pantry items

Olive Oil, 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 · Large frying pan · Air fryer

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
potato	2	4
apple	½	1
mixed salad leaves	1 small packet	1 medium packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
panko breadcrumbs	½ medium packet	1 medium packet
flaked almonds	1 medium packet	2 medium packets
diced bacon	1 medium packet	1 large packet
mustard mayo	1 medium packet	2 medium packets
vinegar* (white wine or balsamic)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3103kJ (741Cal)	536kJ (128Cal)
Protein (g)	53.9g	9.3g
Fat, total (g)	32.6g	5.6g
- saturated (g)	5.9g	1g
Carbohydrate (g)	55g	9.5g
- sugars (g)	13.8g	2.4g
Sodium (mg)	1193mg	206mg
Dietary Fibre (g)	9.1g	1.6g

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.



Get prepped

- Bring a medium saucepan of salted water to the boil. Zest **lemon** to get a generous pinch, then slice into wedges.
- Peel **potato** and chop into large chunks.
- Thinly slice **apple** (see ingredients).
- In a medium bowl, add **apple** and **mixed salad leaves**.
- Place your hand on top of each **chicken breast** and slice horizontally to make two thin steaks.
- In a second medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken** and toss to coat. Set aside.



Cook the chicken

- Meanwhile, set air fryer to **200°C**. Place **chicken steaks** into air fryer basket and cook, turning halfway through, until golden and cooked through, **12-15 minutes** (cook in batches if needed).

TIP: No air fryer? Cook chicken steaks in a large frying pan with a drizzle olive oil over medium-high heat, until cooked through, 3-4 minutes each side.



Cook the potato

- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain and transfer to a third medium bowl. Season to taste with **salt** and **pepper** and set aside. Cover to keep warm.



Dress the potato

- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **diced bacon**, breaking up with a spoon, until browned, **4-5 minutes**. Transfer to the bowl with the **potatoes**.
- Add a generous pinch of **salt**, **mustard mayo**, a drizzle of **olive oil**, a squeeze of **lemon juice** and a pinch of **pepper**. Toss to coat.
- To the bowl with the apple, add a drizzle of **vinegar** and **olive oil**, toss to coat.



Make the crumb

- While potato is cooking, in a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Add **panko breadcrumbs** (see ingredients), **flaked almonds** and **lemon zest** and cook, stirring until golden brown, **3-4 minutes**. Transfer to a bowl and season to taste.



Finish & serve

- Divide herby chicken, creamy bacon potatoes and apple salad between plates.
- Top the chicken with the zesty almond pangrattato. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



CUSTOM OPTIONS



SWAP TO PORK LOIN STEAKS

In a large frying pan, cook with a drizzle of olive oil until cooked through, for 3-4 minutes each side. Transfer to a plate to rest.



SWAP TO CHICKEN TENDERLOINS

Cut into bite-sized pieces. Cook as above until cooked through, 4-6 minutes.

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

