



# Chicken Parmi Tenders & Bacon Wedges with Apple Salad

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AIR FRYER FRIENDLY

Grab your meal kit with this number

4



Potato



Diced Bacon



Passata



Aussie Spice Blend



Cornflour



Panko Breadcrumbs



Chicken Tenderloins



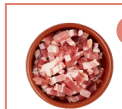
Parmesan Cheese



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 (Wine 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

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
cornflour	1 medium packet	2 medium packets
<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
Parmesan cheese	1 medium packet	1 large packet
apple	1	2
<b>vinegar*</b> (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 (447cal)	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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 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, then add diced bacon to wedges and 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** and sprinkle over **Parmesan cheese**. Cook, until cheese has melted, **5 minutes**.

**TIP:** No air fryer? Transfer chicken to a second lined oven tray. Add sauce and cheese 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

- In a shallow bowl, combine **Aussie spice blend**, **cornflour** 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** and finally into the **breadcrumbs**. Transfer to a plate.

6



## Finish & serve

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

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



**CUSTOM OPTIONS**



**DOUBLE DICED BACON**  
Follow method above.



**SWAP TO PORK SCHNITZEL**

Follow crumbing above and cook in a frying pan, 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.

