



Crumbed Chicken & Bacon Potato Salad

with Green Beans & Baby Spinach

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Grab your meal kit with this number

4



Potato



Green Beans



Garlic



Rosemary



Chicken Breast



Panko Breadcrumbs



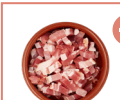
Diced Bacon



Mustard Mayo



Baby Spinach Leaves



Diced Bacon



Chicken Breast

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

Eat Me Early

What better way to perk up juicy chicken breast than with a herby panko crumb? Serve with a loaded potato salad, complete with baby spinach for an extra dose of greens and our mustard mayo for creaminess and tang.

Pantry items

Olive Oil, Plain Flour, Egg

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 · Air fryer · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 small packet	1 medium packet
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
chicken breast	1 medium packet	2 medium packets OR 1 large packet
salt* (for the crumb)	1 tsp	2 tsp
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
diced bacon	½ medium packet	1 medium packet
mustard mayo	1 medium packet	2 medium packets
salt* (for the salad)	¼ tsp	½ tsp
baby spinach leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3155kJ (754cal)	511kJ (83cal)
Protein (g)	58.5g	9.5g
Fat, total (g)	32.6g	5.3g
- saturated (g)	6.4g	1g
Carbohydrate (g)	53.9g	8.7g
- sugars (g)	8.1g	1.3g
Sodium (mg)	2075mg	336.3mg
Dietary Fibre (g)	8.6g	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

2025 | CW03



Get prepped

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and chop into large chunks.
- Roughly chop **green beans**.
- Finely chop **garlic**.
- Pick **rosemary** leaves, then finely chop.
- Place your hand flat on top of each **chicken breast** and slice horizontally to make two thin steaks.



Cook the chicken

- Set air fryer to **200°C**. Place **crumbed chicken** into the air fryer basket and cook until golden and cooked through, **12-15 minutes**.

TIP: No air fryer? Leave the oil out of the panko crumb. In a large frying pan, heat enough olive oil to coat the base over medium-high heat. When oil is hot, cook chicken until golden and cooked through, 2-4 minutes each side (cook in batches if your pan is getting crowded). Transfer to a paper towel-lined plate.

CUSTOM OPTIONS



DOUBLE DICED BACON

Follow method above, cooking in batches if necessary.



Cook the potato & beans

- Cook **potato** in the boiling water until easily pierced with a fork, **10-12 minutes**.
- When the potato has **4 minutes** remaining, add **green beans** to saucepan and cook until just tender. Drain **potato** and **green beans**, then transfer to a bowl to cool.



Finish the salad

- While the chicken is cooking, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **diced bacon**, breaking up with a spoon, until browned, **4-5 minutes**. Transfer to a large bowl.
- Add **mustard mayo**, a drizzle of **olive oil** and the **salt (for the salad)**. Season with **pepper**, then add **potato, green beans** and **baby spinach leaves**. Toss to coat.



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



Crumb the chicken

- While potato is cooking, combine the **salt (for the crumb)** and **plain flour** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **rosemary, garlic, panko breadcrumbs**, a good drizzle of **olive oil** and a good pinch of **salt** and **pepper**.
- Dip **chicken** into **flour mixture** to coat, then into the **egg** and finally into the **panko mixture**. 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.



Finish & serve

- Slice chicken.
- Divide crumbed chicken and bacon, potato salad between plates. Enjoy!

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

