

Chicken Parmi & Rosemary-Bacon Potatoes

with Tomato Salad

PUB BISTRO

KID FRIENDLY

Grab your meal kit
with this number

34



Potato



Rosemary



Diced Bacon



Parsley



Chicken Breast



Aussie Spice Blend



Panko Breadcrumbs



Passata



Cheddar Cheese



Parmesan Cheese



Tomato



Apple/Pear



Spinach & Rocket Mix

Prep in: 25-35 mins
Ready in: 35-45 mins

 Eat Me Early

You've never had a parmi like this before! Add our Aussie spice blend to the crumb, then top with fresh parsley, plus Cheddar and Parmesan for an extra depth of flavour. Serve with fancy roast potatoes, plus a simple salad to cut the richness.

Pantry items

Olive Oil, Egg, Balsamic Vinegar

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
rosemary	1 stick	2 sticks
diced bacon	1 medium packet	1 large packet
parsley	1 packet	1 packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 large sachet	2 large sachets
egg*	1	2
panko breadcrumbs	1 medium packet	2 medium packets
passata	1 packet	2 packets
Cheddar cheese	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
tomato	1	2
apple/pear	½	1
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	½ medium packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3165kJ (757cal)	424kJ (57cal)
Protein (g)	67g	9g
Fat, total (g)	24.5g	3.3g
- saturated (g)	11.5g	1.5g
Carbohydrate (g)	59.4g	8g
- sugars (g)	16.3g	2.2g
Sodium (mg)	1632mg	218.5mg
Dietary Fibre (g)	10.3g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a beer?

We recommend pairing this meal with Pale Ale or Lager.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



1



Roast the bacon potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until almost tender, **15 minutes**.
- Meanwhile, pick and finely chop **rosemary**.
- To the tray with the roast potatoes, add **rosemary** and **diced bacon**. Return tray to oven and roast until golden, a further **10-12 minutes**.

TIP: You may need to break up the bacon with your hands!

4



Cook the chicken

- 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, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray. Top with **passata**, **parsley**, **Cheddar cheese** and **Parmesan cheese**.
- Bake until cheese is melted and chicken is cooked through, **8-12 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

2



Get prepped

- While the potato is roasting, roughly chop **parsley**.
- Place **chicken breast** between two sheets of baking paper. Pound using a meat mallet (or rolling pin) until an even thickness, about 2cm-thick.

5



Make the salad

- While the chicken is baking, thinly slice **tomato** into rounds.
- Thinly slice **apple/pear** (see ingredients) into wedges.
- In a large bowl, combine a drizzle of the **balsamic vinegar** and **olive oil**. Season, then add **tomato**, **apple/pear** and **spinach & rocket mix** (see ingredients). Toss to coat.

Little cooks: Take the lead by tossing the salad!

3



Crumb the chicken

- In a shallow bowl, combine **Aussie spice blend** and a generous pinch of **pepper**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs**.
- Coat **chicken** first in the **seasoned spice blend**, then into the **egg** and finally into the **breadcrumbs**. 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.

6



Finish & serve

- Divide chicken parmi and rosemary-bacon potatoes between plates.
- Serve with tomato salad. Enjoy!

Rate your recipe

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