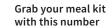


Chicken Parmi & Rosemary-Bacon Potatoes

with Tomato Salad

PUB BISTRO

KID FRIENDLY













Parsley





Chicken Breast





Panko Breadcrumbs





Cheddar Cheese



Parmesan Cheese



Tomato



Apple/Pear



Spinach & Rocket





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

9. • • • • • • • • • • • • • • • • •		
2 People	4 People	
refer to method	refer to method	
2	4	
1 stick	2 sticks	
1 medium packet	1 large packet	
1 packet	1 packet	
1 medium packet	2 medium packets OR 1 large packet	
1 large sachet	2 large sachets	
1	2	
1 medium packet	2 medium packets	
1 packet	2 packets	
1 medium packet	1 large packet	
1 medium packet	1 large packet	
1	2	
1/2	1	
drizzle	drizzle	
½ medium packet	1 medium packet	
	refer to method 2 1 stick 1 medium packet 1 packet 1 medium packet 1 large sachet 1 1 medium packet 1 drizzle	

^{*}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.

Fancu a beer?

We recommend pairing this meal with Pale Ale or Lager.





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!



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.



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.



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.



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!



Finish & serve

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate