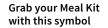


Cheesy Aussie Chicken Parmigiana with Rosemary Bacon Potatoes & Pear-Rocket Salad













Potato



Rosemary









Smoked Cheddar



Chicken Breast

Cheese



Aussie Spice



Panko Breadcrumbs

Blend



Tomato Sugo



Grated Parmesan





Cucumber



Spinach & Rocket Mix

Pantry items

Olive Oil, Egg



Hands-on: 25-35 mins Ready in: 35-45 mins



Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
rosemary	½ bunch	1 bunch	
diced bacon	1 packet (90g)	1 packet (180g)	
basil	1 punnet	1 punnet	
smoked Cheddar cheese	1 packet (50g)	1 packet (100g)	
chicken breast	1 small packet	1 large packet	
Aussie spice blend	2 sachets	4 sachets	
egg*	1	2	
panko breadcrumbs	1 packet	2 packets	
tomato sugo	1 packet	2 packets	
grated Parmesan cheese	1 packet (30g)	2 packets (60g)	
cucumber	1	2	
pear	1/2	1	
balsamic vinegar*	drizzle	drizzle	
spinach & rocket mix	1 packet (30g)	1 packet (60g)	

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3407kJ (814Cal)	460kJ (109Cal)
62.9g	8.5g
32.9g	4.4g
14g	1.9g
61.4g	8.3g
13.1g	1.8g
2076mg	280mg
	3407kJ (814Cal) 62.9g 32.9g 14g 61.4g 13.1g

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.



Roast the potatoes

Preheat the oven to 240°C/220°C fan-forced. Cut the potato into bite-sized chunks. Place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Roast until tender, 15 minutes. Meanwhile, pick and finely chop the rosemary (see ingredients). Remove the tray from the oven and add the rosemary and diced bacon to the potato, then bake until golden, 10-12 minutes (you may need to break up the bacon with your hands!)



Get prepped

While the potato is baking, pick and tear the **basil** leaves. Grate the **smoked Cheddar cheese**. Place the **chicken breast** between two sheets of baking paper and pound using a meat mallet (or rolling pin) until about 2cm thick.



Crumb the chicken

In a shallow bowl, combine the **Aussie spice blend** and a generous pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** into the **Aussie spice blend**, followed by the **egg** and finally in the **breadcrumbs**. Transfer to a plate.



Cook the chicken

Heat a large frying pan over a medium-high heat with enough olive oil to coat the base of the pan. When the oil is hot, cook the **chicken** until golden, **2 minutes** each side. Transfer the **chicken** to a second lined oven tray. Top each piece with some **tomato sugo**, then sprinkle with the **basil**, **smoked Cheddar cheese** and **grated Parmesan cheese**. Bake until the cheese has melted and the chicken is cooked through, **8-10 minutes**.

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



Make the salad

While the chicken is baking, thinly slice the **cucumber** into rounds. Thinly slice the **pear** (see ingredients). In a large bowl, combine a drizzle of **olive oil** and **balsamic vinegar**. Add the **cucumber**, **pear** and **spinach & rocket mix**. Toss to coat and season to taste.



Serve up

Divide the rosemary bacon potatoes between plates and serve with the cheesy Aussie chicken parmigiana and pear-rocket salad.

Enjoy!