



Cheesy Aussie Chicken Parmigiana

with Rosemary Bacon Potatoes & Pear-Rocket Salad

Grab your Meal Kit with this symbol



Potato



Rosemary



Diced Bacon



Basil



Smoked Cheddar Cheese



Chicken Breast



Aussie Spice Blend



Panko Breadcrumbs



Tomato Sugo



Grated Parmesan Cheese



Cucumber



Pear



Spinach & Rocket Mix

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

Eat me early

Who doesn't love a good parmigiana? That chicken and cheese combo sure is easy to love. Paired with crispy, herby potatoes, we bet it'll definitely feel like a gourmet pub-bistro night tonight!

Pantry items

Olive Oil, Egg

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

	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	½	1
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3407kJ (814Cal)	460kJ (109Cal)
Protein (g)	62.9g	8.5g
Fat, total (g)	32.9g	4.4g
- saturated (g)	14g	1.9g
Carbohydrate (g)	61.4g	8.3g
- sugars (g)	13.1g	1.8g
Sodium (mg)	2076mg	280mg

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!)



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.



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.



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.



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.



Serve up

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

Enjoy!