



Parsley & Rosemary Crusted Chicken

with Creamy Bacon Potato Salad

Grab your Meal Kit with this symbol



Lemon



Potato



Green Beans



Garlic



Parsley



Rosemary



Spring Onion



Chicken Breast



Panko Breadcrumbs



Diced Bacon



Mustard Mayo



Baby Spinach Leaves

Hands-on: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

A weeknight wonder, this herb-crusted chicken tastes just like classic chicken and stuffing, but it's made in about half the time. Complete with a bacon-potato salad, meet your new favourite dinner!

Pantry items

Olive Oil, Plain Flour, 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

Medium saucepan and large frying pan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
potato	2	4
green beans	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
rosemary	2 sticks	4 sticks
spring onion	2 stems	4 stems
chicken breast	1 small packet	1 large packet
salt*	1 tsp	2 tsp
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
diced bacon	1 packet (90g)	1 packet (180g)
mustard mayo	1 medium packet	1 large packet
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3439kJ (821Cal)	545kJ (130Cal)
Protein (g)	59.5g	9.4g
Fat, total (g)	37.7g	6g
- saturated (g)	6.6g	1g
Carbohydrate (g)	58.1g	9.2g
- sugars (g)	6g	1g
Sodium (mg)	2007mg	318mg

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.

1



Get prepped

Bring a medium saucepan of salted water to the boil. Zest the **lemon** to get a generous pinch, then slice into wedges. Peel the **potato** and chop into large chunks. Trim and halve the **green beans**. Finely chop the **garlic**. Finely chop the **parsley**. Pick the **rosemary** leaves and finely chop. Thinly slice the **spring onion**. Place your hand flat on top of each **chicken breast** and slice horizontally to make two thin steaks.

2



Cook the veggies

Cook the **potato** in the boiling water until soft when pierced with a knife, **10-12 minutes**. When the **potato** has **2 minutes** cook time remaining, add the **green beans** until just tender. Drain the **potato** and **green beans** and set aside to cool.

3



Crumb the chicken

While the potato is cooking, combine the **salt** and **plain flour** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **parsley**, **rosemary**, **garlic**, **lemon zest**, **panko breadcrumbs** and a good pinch of **salt** and **pepper**. Dip the **chicken** into the **flour mixture**, followed by the **egg**, and finally in the **panko mixture**. Transfer to a plate.

4



Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, cook the **chicken** until golden, **2-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate lined with paper towel.

TIP: Add extra oil if needed so the chicken doesn't stick to the pan.

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

5



Make the potato salad

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **diced bacon**, breaking up with a spoon, until browned, **4-5 minutes**. Transfer to a large bowl. Add the **mustard mayo**, a drizzle of **olive oil** and a squeeze of **lemon juice**. Season. Add the **potato** and **green beans**, **baby spinach leaves** and **spring onion**. Toss to coat.

6



Serve up

Divide the parsley and rosemary crusted chicken between plates. Serve with the creamy bacon potato salad and remaining lemon wedges.

Enjoy!