



# Sage & Garlicky Chicken

with Creamy Bacon Potatoes & Apple Salad

HALL OF FAME

Grab your Meal Kit with this symbol



Lemon



Potato



Apple



Sage



Mixed Salad Leaves



Chicken Breast



Garlic & Herb Seasoning



Panko Breadcrumbs



Diced Bacon



Mustard Mayo



Plant-Based Crumbed Chicken

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me Early

The best way to spice up your typical dinners is by incorporating extra ingredients to make a whole new concoction. Tonight, we've added a creamy diced bacon number to your boiled potatoes and whipped up a lemon and sage crumb to take your chicken to the next level!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
lemon	½	1
potato	2	4
apple	½	1
sage	1 bag	1 bag
mixed salad leaves	1 small bag	1 medium bag
chicken breast	1 small packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
panko breadcrumbs	½ medium packet	1 medium packet
diced bacon	1 packet (90g)	1 packet (180g)
mustard mayo	1 medium packet	2 medium packets
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
plant-based crumbed chicken**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3098kJ (740Cal)	535kJ (128Cal)
Protein (g)	50.1g	8.7g
Fat, total (g)	32.9g	5.7g
- saturated (g)	6.7g	1.2g
Carbohydrate (g)	55.2g	9.5g
- sugars (g)	13.6g	2.3g
Sodium (mg)	1227mg	212mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3655kJ (874Cal)	698kJ (167Cal)
Protein (g)	31.4g	6g
Fat, total (g)	47.1g	9g
- saturated (g)	6.9g	1.3g
Carbohydrate (g)	74.2g	14.2g
- sugars (g)	14.6g	2.8g
Sodium (mg)	1915mg	365mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Bring a medium saucepan of salted water to the boil. Zest **lemon** to get a generous pinch, then slice into wedges. Peel **potato** and chop into large chunks. Thinly slice **apple** (see **ingredients**). Pick **sage** and finely chop.
- In a medium bowl, add **apple** and **mixed salad leaves**.
- Place your hand on top of each **chicken breast** and slice horizontally to make two thin steaks.
- In a second medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken** and turn to coat. Set aside.

**Custom Recipe:** If you've swapped to plant-based crumbed chicken, season plant-based chicken as above.



## Cook the chicken

- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**. Cook **chicken steaks** until cooked through (when no longer pink inside), **3-6 minutes** each side (cook in batches if your pan is getting crowded).

**Custom Recipe:** In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook plant-based crumbed chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.



## Cook the potato

- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain and transfer to a third medium bowl. Season to taste and set aside. Cover to keep warm.



## Dress the potato

- While the chicken is cooking, return the saucepan to medium-high heat with a drizzle of **olive oil**. Cook **diced bacon**, breaking up with a spoon, until browned, **4-5 minutes**. Transfer to the bowl with the **potatoes**.
- Add a generous pinch of **salt**, **mustard mayo**, a drizzle of **olive oil**, a squeeze of **lemon juice** and a pinch of **pepper**. Toss to coat.
- To the bowl with the **apple** and **salad leaves**, add a drizzle of the **vinegar** and **olive oil** and toss to coat.



## Make the crumb

- Meanwhile, in a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Add **panko breadcrumbs** (see **ingredients**), **sage** and **lemon zest** and cook, stirring, until golden brown, **3-4 minutes**. Transfer to a small bowl and season to taste.



## Serve up

- Divide the chicken, creamy bacon potatoes and salad between plates.
- Top the chicken with the sage crumbs. Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)