



Herby-Crumbed Chicken

with Bacon, Potato & Broccoli Salad

Grab your Meal Kit with this symbol



Lemon



Potato



Broccoli



Garlic



Sage



Rosemary



Parsley



Chicken Breast



Panko Breadcrumbs



Diced Bacon



Mustard Mayo



Mixed Leaves

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Eat Me Early

What better way to perk up juicy chicken breast than with a herby panko crumb? Serve with a loaded potato salad, complete with mixed leaves for an extra dose of greens, and our mustard mayo for creaminess and tang.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
potato	2	4
broccoli	½ head	1 head
garlic	2 cloves	4 cloves
sage	1 bag	1 bag
rosemary	2 sticks	4 sticks
parsley	1 bag	1 bag
chicken breast	1 small packet	1 large packet
salt* (for the crumb)	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
salt* (for the salad)	¼ tsp	½ tsp
mixed leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3279kJ (783Cal)	526kJ (125Cal)
Protein (g)	58.9g	9.4g
Fat, total (g)	32.6g	5.2g
- saturated (g)	6.2g	1g
Carbohydrate (g)	59.5g	9.5g
- sugars (g)	6g	1g
Sodium (mg)	2071mg	332mg

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.



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. Chop **broccoli** (including the stalk!) into small florets. Finely chop **garlic**. Pick **sage** and **rosemary** leaves, then finely chop. Roughly chop **parsley**. Place your hand flat on top of each **chicken breast** and slice horizontally to make two thin steaks.

TIP: Save time and get more fibre by leaving the potato unpeeled!



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 and cooked through, **2-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a paper towel-lined plate.

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

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



Cook the potato & broccoli

Cook **potato** in the boiling water until easily pierced with a fork, **10-12 minutes**. When potato has **4 minutes** remaining, add **broccoli** to saucepan and cook until just tender. Drain **potato** and **broccoli**, then transfer to a bowl to cool.



Finish the salad

Return 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 a large bowl. Add **mustard mayo**, a drizzle of **olive oil**, a squeeze of **lemon juice** and the **salt (for the salad)**. Season with **pepper**, then add **potato, broccoli, mixed leaves** and chopped **parsley**. Toss to coat.



Crumb the chicken

While potato is cooking, combine the **salt (for the crumb)** and **plain flour** in a shallow bowl. In a second shallow bowl, whisk **egg**. In a third shallow bowl, combine **sage, rosemary, garlic, lemon zest, panko breadcrumbs** and a good pinch of **salt** and **pepper**. Dip **chicken** into **flour mixture** to coat, then into the **egg**, and finally in the **herb-panko mixture**. Transfer to a plate.



Serve up

Slice herby-crumbed chicken. Divide chicken and the bacon, potato and broccoli salad between plates. Serve with any remaining lemon wedges.

Enjoy!

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