



Rosemary-Crumbed Chicken

with Bacon, Potato & Green Bean Salad

Grab your Meal Kit with this symbol



SYD+MEL VERSION



Lemon



Potato



Green Beans



Garlic



Rosemary



Parsley



Panko Breadcrumbs



Baby Spinach Leaves



Chicken Breast



Diced Bacon



Mustard Mayo

Prep in: 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 baby spinach 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
green beans	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
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
baby spinach leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3277kJ (783Cal)	530kJ (127Cal)
Protein (g)	56.3g	9.1g
Fat, total (g)	35.1g	5.7g
- saturated (g)	7.1g	1.1g
Carbohydrate (g)	57.3g	9.3g
- sugars (g)	7g	1.1g
Sodium (mg)	2086mg	337mg

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. Trim and halve **green beans**. Finely chop **garlic**. Pick **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: Run your fingers down the rosemary stalk to remove the leaves easily.



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 & beans

- Cook **potato** in the boiling water until easily pierced with a fork, **10-12 minutes**.
- When the potato has **2 minutes** remaining, add **green beans** and cook until just tender.
- Drain **potato** and **beans**, then transfer to a large 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 cooked **bacon** to the bowl with the **potato** and **green beans**. Add **mustard mayo**, a drizzle of **olive oil**, a squeeze of **lemon juice** and the **salt (for the salad)**.
- Season with **pepper**, then add **baby spinach leaves** and **parsley**. Toss to coat.

Little cooks: Help toss the potato salad to coat!



Crumb the chicken

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

Little cooks: Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers. Make sure to wash your hands well afterwards.



Serve up

- Divide rosemary-crumbed chicken and the bacon, potato and green bean salad between plates.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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