



Smoked Cheddar Chicken Parmigiana

with Bacon Potatoes & Pear Salad

Grab your Meal Kit with this symbol



Potato



Rosemary



Parsley



Aussie Spice Blend



Panko Breadcrumbs



Passata



Cucumber



Pear



Salad Leaves



Chicken Breast



Diced Bacon



Grated Parmesan Cheese



Smoked Cheddar Cheese

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

You've never had a parmi like this before! Add our Aussie spice blend to the crumb, then top with fresh parsley, plus smoked Cheddar and Parmesan for an extra depth of flavour. Serve with fancy roast potatoes, plus a simple salad to cut the richness.

Pantry items

Olive Oil, Egg, Balsamic Vinegar

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
diced bacon	1 packet (90g)	1 packet (180g)
parsley	1 bag	1 bag
smoked Cheddar cheese	1 packet (50g)	1 packet (100g)
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 large sachet	2 large sachets
egg*	1	2
panko breadcrumbs	1 medium packet	2 medium packets
passata	1 box	2 boxes
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
cucumber	1	2
pear	½	1
balsamic vinegar*	drizzle	drizzle
salad leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3353kJ (801Cal)	438kJ (105Cal)
Protein (g)	67.1g	8.8g
Fat, total (g)	28.9g	3.8g
- saturated (g)	12.8g	1.7g
Carbohydrate (g)	62.8g	8.2g
- sugars (g)	16.6g	2.2g
Sodium (mg)	2049mg	268mg

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



Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until almost tender, **15 minutes**.
- To the roast **potato** tray, add **diced bacon**. Roast until golden, a further **10-12 minutes**.

TIP: You may need to break up the bacon with your hands!

4



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, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray. Top with **passata**, **parsley**, grated **smoked Cheddar** and **grated Parmesan cheese**.
- Bake until cheese is melted and chicken is cooked through, **8-10 minutes**.

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

2



Get prepped

- While the potato is roasting, roughly chop **parsley** leaves.
- Grate **smoked Cheddar cheese**.
- Place **chicken breast** between two sheets of baking paper. Pound using a meat mallet (or rolling pin) until an even thickness, about 2cm-thick.

5



Make the salad

- While the chicken is baking, thinly slice **cucumber** into rounds. Thinly slice **pear** (see ingredients) into wedges.
- In a large bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add **cucumber**, **pear** and **salad leaves**. Toss to coat.

3



Crumb the chicken

- In a shallow bowl, combine **Aussie spice blend** and a generous pinch of **pepper**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken** into **seasoned spice blend** to coat, then into **egg** and finally in **breadcrumbs**. Transfer to a plate.

6



Serve up

- Divide smoked Cheddar chicken parmigiana and bacon potatoes between plates.
- Serve with pear salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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