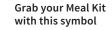


Thyme & Garlicky Chicken with Creamy Bacon Potato Salad & Pear Salad

HALL OF FAME

















Thyme





Cos Lettuce

Seasoning





Chicken Thigh

Fine Breadcrumbs



Diced Bacon

Tartare Sauce



Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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



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 thyme crumb to take your chicken to the next level!

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
lemon	1/2	1	
potato	2	4	
pear	1	2	
thyme	1 bag	1 bag	
cos lettuce	½ head	1 head	
garlic & herb seasoning	1 sachet	1 sachet	
chicken thigh	1 packet	1 packet	
fine breadcrumbs	1 packet	2 packets	
honey*	1 tsp	2 tsp	
diced bacon	1 packet	1 packet	
tartare sauce	1 medium packet	1 large packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	
chicken breast**	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
2932kJ (701Cal)	483kJ (115Cal)
44.1g	7.3g
33.5g	5.5g
9.1g	1.5g
61g	10g
23.6g	3.9g
1129mg	186mg
	2932kJ (701Cal) 44.1g 33.5g 9.1g 61g 23.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3591kJ (858Cal)	468kJ (112Cal)
Protein (g)	81.8g	10.7g
Fat, total (g)	31.3g	6.6g
- saturated (g)	8.3g	1.1g
Carbohydrate (g)	61.8g	8.1g
- sugars (g)	23.7g	3.1g
Sodium (mg)	1210mg	158mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

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Get prepped

- Bring a medium saucepan of salted water to the boil over high heat.
- Zest lemon to get a generous pinch, then slice into wedges. Peel potato, then cut into large chunks. Thinly slice pear. Pick thyme leaves. Shred cos lettuce.
- In a medium bowl, add pear and cos lettuce. Set aside.
- In a second medium bowl, combine garlic & herb seasoning and a drizzle of olive oil. Add chicken thigh and turn to coat. Set aside.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Flavour the chicken as above.



Cook the chicken

- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
- Cook chicken, turning occasionally, until browned and cooked through, 14-16 minutes.
 Remove from heat, add the honey and turn chicken to coat.

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

Custom Recipe: Heat the pan and oil as above. Cook chicken until cooked through, 3-5 minutes each side. Remove from heat.



Cook the potato

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



Make the thyme crumb

- While the potato is cooking, combine fine breadcrumbs, thyme and a good drizzle of olive oil in a small bowl.
- In a large frying pan, heat a generous drizzle of olive oil over medium-high heat. Cook breadcrumb mixture, stirring, until golden brown, 3-4 minutes.
- Add lemon zest and cook until fragrant,
 1 minute. Return to the small bowl and season to taste.



Finish the potatoes

- Meanwhile, 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 bacon to the bowl of potatoes.
 Add tartare sauce, a squeeze of lemon juice, a drizzle of olive oil and a pinch of salt and pepper. Toss to coat.



Serve up

- Add a drizzle of vinegar and olive oil to the pear salad and toss to coat.
- · Slice the chicken.
- Divide creamy bacon potato salad, pear salad and chicken between plates.
- Top chicken with thyme crumb.
- · Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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