



# Thyme & Garlicky Chicken

with Creamy Bacon Potato Salad & Pear Salad

HALL OF FAME

Grab your Meal Kit with this symbol



Lemon



Potato



Pear



Thyme



Cos Lettuce



Garlic & Herb Seasoning



Chicken Thigh



Fine Breadcrumbs



Diced Bacon



Tartare Sauce



Chicken Breast

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!

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

Eat Me Early

### Pantry items

Olive Oil, Honey, 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
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
<b>honey*</b>	1 tsp	2 tsp
diced bacon	1 packet	1 packet
tartare sauce	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
chicken breast**	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2932kJ (701Cal)	483kJ (115Cal)
Protein (g)	44.1g	7.3g
Fat, total (g)	33.5g	5.5g
- saturated (g)	9.1g	1.5g
Carbohydrate (g)	61g	10g
- sugars (g)	23.6g	3.9g
Sodium (mg)	1129mg	186mg

### 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](https://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

2023 | CW26



## 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.



## 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.



## 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.



## 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

Did we make your tastebuds happy?

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