



# Parmesan-Crumbed Chicken & Apple Sauce

with Roast Potatoes & Buttery Veggies

XMAS IN JULY

Grab your Meal Kit with this symbol



Potato



Carrot



Green Beans



Apple



Grated Parmesan Cheese



Panko Breadcrumbs



Chicken Breast



Garlic & Herb Seasoning



Onion Chutney



Chicken-Style Stock Powder



Diced Bacon

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



Carb Smart\*  
\*Custom Recipe is not Carb Smart

Eat Me Early

Now we know what you're thinking, apple sauce sounds like something you find in a dessert and you're not wrong, but on a cheesy crumbed chicken an apple sauce is the perfect addition to a savoury dinner. The notes of sweetness pop against the crumb and make your mouth water. You won't be sorry you tried it.

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

### Pantry items

Olive Oil, Butter, Balsamic Vinegar

## 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
apple	1	2
grated Parmesan cheese	1 medium packet	1 large packet
panko breadcrumbs	½ medium packet	1 medium packet
chicken breast	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
<b>butter*</b>	40g	80g
onion chutney	1 packet (40g)	1 packet (80g)
chicken-style stock powder	½ medium sachet	1 medium sachet
<b>balsamic vinegar*</b>	1 tsp	2 tsp
<b>water*</b>	½ cup	1 cup
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2413kJ (577Cal)	405kJ (97Cal)
Protein (g)	44.8g	7.5g
Fat, total (g)	13.9g	2.3g
- saturated (g)	6.7g	1.1g
Carbohydrate (g)	66.7g	11.2g
- sugars (g)	26.7g	4.5g
Sodium (mg)	1264mg	212mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2998kJ (717Cal)	464kJ (111Cal)
Protein (g)	52.8g	8.2g
Fat, total (g)	26g	4g
- saturated (g)	11.2g	1.7g
Carbohydrate (g)	66.8g	10.3g
- sugars (g)	26.7g	4.1g
Sodium (mg)	1663mg	258mg

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 | CW28



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## Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

4



## Cook the buttery veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **carrot** and **green beans** until tender, **5-6 minutes**.
- Add half the **butter**, season and turn to coat. Transfer to a bowl and cover to keep warm.

**Custom Recipe:** If you've added diced bacon, heat pan as above. Cook diced bacon before veggies, breaking up with a spoon, for 2-3 minutes. Continue with step.

2



## Get prepped

- Meanwhile, thinly slice **carrot** into sticks. Trim **green beans**. Finely chop **apple**.
- In a medium bowl, combine **grated Parmesan cheese**, **panko breadcrumbs** (see ingredients), a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

5



## Make the apple sauce

- Return pan to medium-high heat with the remaining **butter** and a drizzle of **olive oil**. Cook **apple**, tossing occasionally, until browned, **2-3 minutes**.
- Add **onion chutney**, **chicken-style stock powder** (see ingredients), the **balsamic vinegar** and **water**. Stir to combine and simmer until slightly reduced, **2-3 minutes**. Season to taste and remove from heat.

3



## Bake the chicken

- Cut deep slices, taking care to not slice all the way through, across **chicken breast** in 1cm intervals.
- Place **chicken** on a second lined oven tray, sprinkle with **garlic & herb seasoning**, drizzle with **olive oil** and toss to coat. Top with **cheesy panko mix**.
- Place **chicken** on the lower oven shelf and bake until cooked through, **12-16 minutes**.

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

6



## Serve up

- Divide Parmesan-crusted chicken, roast potatoes and buttery veggies between plates.
- Spoon apple sauce over chicken to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)