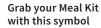


Zesty Garlic Chicken & Bacon Potato Salad

with Apple Salad

HALL OF FAME



















Chicken Breast



Garlic & Herb



Seasoning



Diced Bacon **Tartare Sauce**



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

Eat Me Early

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 parsley crumb to take your chicken to the next level!

Pantry items

Olive Oil, 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
lemon	1/2	1		
potato	2	4		
apple	1	2		
parsley	1 bag	1 bag		
chicken breast	1 small packet	2 small packets OR 1 large packet		
mixed salad leaves	1 small bag	1 medium bag		
garlic & herb seasoning	1 medium sachet	1 large sachet		
panko breadcrumbs	½ packet	1 packet		
diced bacon	1 packet	1 packet		
tartare sauce	1 medium packet	1 large packet		
vinegar* (white wine or balsamic)	drizzle	drizzle		
beef rump**	1 small packet	2 small packets OR 1 large packet		

*Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2777kJ (664Cal)	485kJ (116Cal)
Protein (g)	48.3g	8.4g
Fat, total (g)	25.9g	4.5g
- saturated (g)	6.7g	1.2g
Carbohydrate (g)	57.9g	10.1g
- sugars (g)	21.6g	3.8g
Sodium (mg)	1112mg	194mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2846kJ (680Cal)	506kJ (121Cal)
Protein (g)	47.1g	8.4g
Fat, total (g)	28.2g	5g
- saturated (g)	9.2g	1.6g
Carbohydrate (g)	57.1g	10.2g
- sugars (g)	21.6g	3.8g
Sodium (mg)	1086mg	193mg

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

2023 | CW42





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, then cut into large chunks. Thinly slice apple. Finely chop parsley.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.

Custom Recipe: If you've upgraded your chicken breast to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened.



Cook the potato

- Cook potato in the boiling water, over high heat, 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
- Meanwhile, add apple and mixed salad leaves to a medium bowl. Set aside.
- In a second medium bowl, combine garlic & herb seasoning and a drizzle of olive oil. Add chicken and turn to coat. Set aside.

Custom Recipe: Flavour beef in the same way as the chicken.



Make the crumb

- While the potato is cooking, combine panko breadcrumbs (see ingredients) and a 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 panko mixture, stirring, until golden brown,
 3-4 minutes.
- Add lemon zest and parsley and cook until fragrant, 1 minute. Return to the small bowl and season to taste.



Cook the chicken

- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
- Cook chicken until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded). Remove from heat.

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

Custom Recipe: Wipe out the frying pan, then return to high heat with a drizzle of olive oil. When oil is hot, cook beef, turning, for 5-6 minutes, or until cooked to your liking. Transfer to a plate to rest.



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 with 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 apple salad and toss to coat.
- Slice garlicky chicken.
- Divide creamy bacon potato salad, apple salad and chicken between plates. Top chicken with zesty crumb.
- Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate