



# Zesty Garlic Chicken & Bacon Potato Salad with Apple Salad

HALL OF FAME

Grab your Meal Kit with this symbol



Lemon



Potato



Apple



Parsley



Chicken Breast



Mixed Salad Leaves



Garlic & Herb Seasoning



Panko Breadcrumbs



Diced Bacon



Tartare Sauce



Beef Rump

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!

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

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
lemon	½	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
<b>vinegar*</b> (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](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

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## 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 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.



## 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.



## 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.



## 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.



## 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?

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