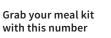


Zesty Garlic Chicken & Parsley Crumb with Herby Potato-Bacon Salad

HALL OF FAME

AIR FRYER FRIENDLY









Potato



Apple





Leaves





Garlic & Herb

Seasoning

Chicken Breast

Panko Breadcrumbs





Diced Bacon





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 parsley crumb to take your chicken to the next level!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Air fryer

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
lemon	1/2	1
potato	2	4
apple	1	2
parsley	1 packet	1 packet
mixed salad leaves	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
panko breadcrumbs	½ medium packet	1 medium packet
diced bacon	1 medium packet	2 medium packets OR 1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
2909kJ (695Cal)	493kJ (118Cal)
54.5g	9.2g
28.8g	4.9g
6.6g	1.1g
54.6g	9.3g
24.9g	4.2g
1131mg	192mg
5.8g	1g
	2909kJ (695Cal) 54.5g 28.8g 6.6g 54.6g 24.9g 1131mg

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.



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.



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, cover to keep warm and set aside
- 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 breast and turn to coat. Set aside.



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.



Air fry the chicken

- Set your air fryer to 200°C.
- Place chicken into the air fryer basket and cook until cooked through (when no longer pink inside), 15-18 minutes.

TIP: No air fryer? Preheat oven to 200°C/180°C fan-forced. Wipe out frying pan and return to medium-high heat with a drizzle of olive oil. Cook chicken until browned, 2 minutes each side. Transfer to a lined oven tray and bake until cooked through (when no longer pink inside), 8-12 minutes.



Finish the potatoes

- Meanwhile, return the frying pan 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 dill & parsley mayonnaise, 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 herby potato-bacon salad, apple salad and chicken between plates. Top chicken with parsley crumb.
- · Serve with any remaining lemon wedges. Enjoy!







Slice fish in half to get 1 piece per person.
Follow method above, cooking in airfryer for



Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

