

Parmesan-Crumbed Chicken & Apple Sauce

with Rosemary Potatoes & Buttery Veggies

CHRISTMAS IN JULY

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Potato



Rosemary



Carrot



Green Beans



Apple



Grated Parmesan Cheese



Panko Breadcrumbs



Chicken Breast



Garlic & Herb Seasoning



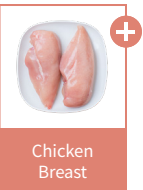
Onion Chutney



Chicken-Style Stock Powder



Diced Bacon



Chicken Breast

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

Calorie 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.

Pantry items

Olive Oil, Butter, Balsamic Vinegar

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
rosemary	2	4
carrot	1	2
green beans	1 small packet	1 medium packet
apple	1	2
grated Parmesan cheese	1 medium packet	1 large packet
panko breadcrumbs	½ medium packet	1 medium packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
butter*	40g	80g
onion chutney	1 medium packet	1 large packet
chicken-style stock powder	½ medium sachet	1 medium sachet
balsamic vinegar*	1 tsp	2 tsp
water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2424kJ (579Cal)	392kJ (94Cal)
Protein (g)	51.5g	8.3g
Fat, total (g)	11.6g	1.9g
- saturated (g)	6.1g	1g
Carbohydrate (g)	67.4g	10.9g
- sugars (g)	32.7g	5.3g
Sodium (mg)	1328mg	215mg
Dietary Fibre (g)	8.9g	1.4g

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.

1



Roast the potatoes

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

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**.

3



Bake the chicken

- Cut deep slices across **chicken breast** in 1cm intervals, taking care to not slice all the way through.
- 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.

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.

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.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



CUSTOM OPTIONS



ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Top roast potatoes to serve.



DOUBLE CHICKEN BREAST

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.

