



# Zesty Garlic Chicken & Parsley Crumb

with Herby Potato-Bacon Salad

AIR FRYER FRIENDLY

Grab your meal kit with this number

3



Lemon



Potato



Apple



Parsley



Mixed Salad Leaves



Garlic & Herb Seasoning



Chicken Breast



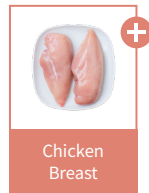
Panko Breadcrumbs



Diced Bacon



Dill & Parsley Mayonnaise



Chicken Breast



Diced Bacon

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



Protein Rich



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, White Wine 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

Medium saucepan · Large frying pan · Air fryer or oven tray lined with baking paper

## 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 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
<b>white wine vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2909kJ (695Cal)	493kJ (118Cal)
Protein (g)	54.5g	9.2g
Fat, total (g)	28.8g	4.9g
- saturated (g)	6.6g	1.1g
Carbohydrate (g)	54.6g	9.3g
- sugars (g)	24.9g	4.2g
Sodium (mg)	1131mg	192mg
Dietary Fibre (g)	5.8g	1g

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

2024 | CW32



## 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 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.



## 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, then 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**, then turn to coat. Set aside.



## Finish the potatoes

- While the chicken is cooking, 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.



## Make the crumb

- While the potato is cooking, in a small bowl, combine **panko breadcrumbs** (see ingredients) and a drizzle of **olive oil**.
- 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 **white wine vinegar** and olive oil to the apple salad and toss to coat.
- Slice garlicky chicken.
- Divide creamy potato-bacon salad, apple salad and chicken between plates. Sprinkle parsley crumb over chicken.
- Serve with any remaining lemon wedges. Enjoy!

### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### DOUBLE DICED BACON

Follow method above.

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

