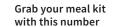


Zesty Garlic Chicken & Parsley Crumb with Herby Potato-Bacon Salad

AIR FRYER FRIENDLY

















Leaves





Garlic & Herb

Chicken Breast



Panko Breadcrumbs



Diced Bacon



Dill & Parsley Mayonnaise





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!





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

 $\label{eq:medium} {\sf Medium\, saucepan \cdot Large\, frying\, pan \cdot Air\, fryer\, or\, Frying\, }$ pan and Oven tray lined with baking paper

Ingredients

ingi calcine			
	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	
white wine vinegar*	drizzle	drizzle	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2909kJ (695cal)	287kJ (69cal)
Protein (g)	54.5g	5.4g
Fat, total (g)	28.8g	2.8g
- saturated (g)	6.6g	0.7g
Carbohydrate (g)	54.6g	5.4g
- sugars (g)	24.9g	2.5g
Sodium (mg)	1131mg	111.6mg
Dietary Fibre (g)	5.8g	0.6g

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, 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.



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.



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 insde), 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

- 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.



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!







Follow method above, cooking in batches if necessary.



Add seasoning as above. Cook until cooked through, 10-13 minutes.

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

