



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



Chicken Thigh

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 Frying pan and Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	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
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.

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**.



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.



SWAP CHICKEN THIGH

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.

