



Cheesy Chicken Parmigiana Tenders

with Bacon Wedges & Cucumber Salad

NEW

Grab your Meal Kit with this symbol



Potato



Diced Bacon



Crushed & Sieved Tomatoes



Aussie Spice Blend



Fine Breadcrumbs



Chicken Breast Strips



Grated Parmesan Cheese



Cucumber



Baby Spinach Leaves



Diced Bacon

Recipe Update

Unfortunately, this week's avocado was in short supply, so we've replaced it with cucumber. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

A chicken parmigiana is a fan favourite that everyone will be excited about. How about adding a little twist to really get those cheers of excitement going, like making them into chicken tenders with a side of bacon wedges? Three cheers for the chicken parmigiana!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar, Egg, Balsamic Vinegar

Before you start

Wash your hands and any fresh food

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 · Small saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
diced bacon	1 packet	1 packet
crushed & sieved tomatoes	½ tin	1 tin
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
Aussie spice blend	1 sachet	2 sachets
egg*	1	2
fine breadcrumbs	1 large packet	2 large packets
chicken breast strips	1 packet	1 packet
grated Parmesan cheese	1 medium packet	1 large packet
cucumber	1	2
balsamic vinegar*	drizzle	drizzle
baby spinach leaves	1 medium bag	1 large bag
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3427kJ (819Cal)	425kJ (101Cal)
Protein (g)	61.5g	7.6g
Fat, total (g)	33.2g	4.1g
- saturated (g)	14.6g	1.8g
Carbohydrate (g)	65.6g	8.1g
- sugars (g)	20.1g	2.5g
Sodium (mg)	2073mg	257mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4750kJ (1135Cal)	544kJ (130Cal)
Protein (g)	70.8g	8.1g
Fat, total (g)	65.1g	9.2g
- saturated (g)	23.5g	2.7g
Carbohydrate (g)	63.2g	7.2g
- sugars (g)	19.5g	2.2g
Sodium (mg)	2516mg	288mg

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



2023 | CW14

1



Roast the bacon wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast for **15 minutes**.
- Remove tray from the oven, then add **diced bacon** to the **potato** and roast until golden, **10-12 minutes** (you may need to break up the bacon with your hands before adding to the tray!).

Custom Recipe: If you've doubled your diced bacon, add it to the oven tray as above.

4



Bake the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base of pan. When oil is hot, cook **chicken** until golden, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray. Top each piece with the **tomato sauce**, then sprinkle over **grated Parmesan cheese**.
- Bake until cheese has melted and chicken is cooked through, **8-12 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

2



Make the tomato sauce

- Meanwhile, heat a small saucepan over medium heat with a drizzle of **olive oil**. Cook **crushed & sieved tomatoes** (see ingredients), the **butter** and **brown sugar** and stir to combine.
- Reduce heat to low and simmer, stirring occasionally, until thickened, **3-4 minutes**. Remove from heat and set aside. Season to taste.

5



Make the salad

- While the chicken is baking, roughly chop **cucumber**.
- In a large bowl, combine a drizzle of **olive oil** and **balsamic vinegar**. Add **cucumber** and **baby spinach leaves**, toss to coat and season to taste.

Little cooks: Help with prepping and tossing the salad.

3



Crumb the chicken

- While the sauce is simmering, in a shallow bowl, combine **Aussie spice blend** and a generous pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **fine breadcrumbs**.
- Coat **chicken breast strips** first in the **spice blend**, followed by the **egg** and finally the **breadcrumbs**. Transfer to a plate.

Little cooks: Help with cracking and whisking the egg.

6



Serve up

- Divide bacon potato wedges and cheesy chicken parmigiana tenders between plates.
- Serve with cucumber salad. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate