

Cheesy Chicken Parmigiana Tenders with Bacon Wedges & Cucumber Salad

NEW

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Potato

Diced Bacon



Crushed & Sieved Tomatoes Aussie Spice Blend



Fine Breadcrumbs



Grated Parmesan

Cheese

Cucumber



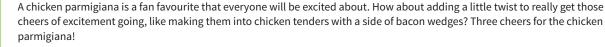
Baby Spinach Leaves

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

11



Pantry items

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

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

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
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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



Roast the bacon wedges

1

- 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.



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.



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.



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.



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.

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