

Herby Parmesan Chicken & Ciabatta Croutons

with Caramelised Pear Salad

Grab your Meal Kit with this symbol



Pear



Tomato



Wholemeal Panini



Herb & Mushroom Seasoning



Mixed Salad Leaves



Boneless Chicken Drumsticks



Grated Parmesan Cheese

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 30-40 mins
Ready in: 40-50 mins

 Calorie Smart

 Eat Me Early

Seasoning chicken with herbs and mushroom extracts will ensure everyone is sitting at the table waiting in anticipation for that glorious moment when dinner is served, hot and mouth-watering. Croutons in the caramelised pear salad is a guarantee that there won't be any leftovers.

Pantry items

Olive Oil, Plain Flour, Butter, Honey, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pear	1	2
tomato	2	4
wholemeal panini	1 packet	1 packet
salt*	¼ tsp	½ tsp
plain flour*	1 tsp	2 tsp
herb & mushroom seasoning	1 sachet	2 sachets
boneless chicken drumsticks	1 packet	1 packet
butter*	20g	40g
honey*	½ tbs	1 tbs
mixed salad leaves	1 medium bag	1 large bag
balsamic vinegar*	drizzle	drizzle
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2175kJ (520Cal)	506kJ (121Cal)
Protein (g)	40.8g	9.5g
Fat, total (g)	20.2g	4.7g
- saturated (g)	10.4g	2.4g
Carbohydrate (g)	40.1g	9.3g
- sugars (g)	14.7g	3.4g
Sodium (mg)	1188mg	277mg

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://www.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

- Preheat oven to **220°C/200°C fan-forced**.
- Slice **pear** into thin wedges. Roughly chop **tomato**.



Caramelize the pear

- In a large frying pan, heat the **butter** and a drizzle of **olive oil** over medium-high heat. Cook **pear**, tossing, until softened, **3-5 minutes**.
- Reduce heat to medium, then add the **honey** and mix well. Cook until reduced and sticky, **2-3 minutes**.
- Transfer to a small bowl and set aside.



Bake the croutons

- Cut or tear **wholemeal panini** into bite-sized chunks, then place on a lined oven tray.
- Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then bake until golden, **5-7 minutes**.
- Transfer **croutons** to a large bowl. Set aside.



Cook the chicken

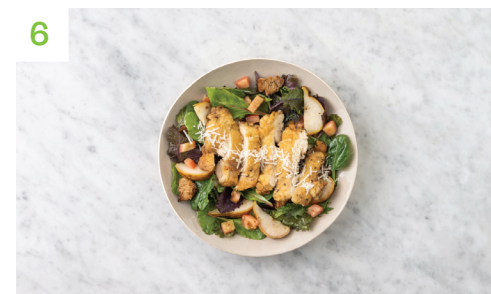
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **chicken** until browned, **2 minutes** each side.
- Transfer **chicken** to the oven tray and bake until cooked through, **10-12 minutes**.
- Meanwhile, to the bowl of **croutons**, add **mixed salad leaves, tomato, caramelised pear** (along with any glaze) and a drizzle of **balsamic vinegar** and **olive oil**. Gently toss to combine. Season to taste.

TIP: The chicken is cooked when it is no longer pink inside.



Flavour the chicken

- While the croutons are baking, combine the **salt, plain flour, herb & mushroom seasoning** and a pinch of **pepper** in a second large bowl or dish.
- Add **boneless chicken drumsticks** and turn to coat. Set aside.



Serve up

- Slice herby chicken.
- Divide caramelised pear and crouton salad between bowls. Top with chicken.
- Sprinkle with **grated Parmesan cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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