



# Sweet & Savoury Chicken

with Bacony Greens & Parmesan Mash

FAST & FANCY

KID FRIENDLY

Grab your Meal Kit with this symbol



Baby Broccoli



Lemon



Trimmed Green Beans



Diced Bacon



Chicken Tenderloins



Savoury Seasoning



Sweet & Savoury Glaze



Mashed Potato



Parmesan Cheese

Prep in: 15-25 mins  
Ready in: 20-30 mins

Calorie Smart

Eat Me Early

This fun, fresh and fast meal is nothing short of fancy. With a gorgeous Parmesan mash, an array of bacony greens and perfectly sweet yet sour chicken, all you need to finish it off is a slice of lemon.

### Pantry items

Olive Oil



## 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
baby broccoli	1 bunch	2 bunches
lemon	½	1
trimmed green beans	1 medium bag	1 large bag
diced bacon	1 packet (90g)	1 packet (180g)
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
savoury seasoning	1 sachet	2 sachets
sweet & savoury glaze	1 medium packet	1 large packet
mashed potato	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2580kJ (617Cal)	390kJ (93Cal)
Protein (g)	58.7g	8.9g
Fat, total (g)	20.1g	3g
- saturated (g)	10.3g	1.6g
Carbohydrate (g)	42.4g	6.4g
- sugars (g)	16.2g	2.4g
Sodium (mg)	4138mg	625mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the veggies

- Trim **baby broccoli**.
- Slice **lemon** into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **baby broccoli, trimmed green beans and diced bacon**, tossing and breaking up bacon with a spoon, until golden, **5-6 minutes**.
- Transfer to a bowl. Season and cover to keep warm.

3



## Heat the mash

- Meanwhile, transfer **mashed potato** to a medium heatproof bowl.
- Microwave until hot and steaming, **3 minutes**.
- Stir through **Parmesan cheese** until combined. Season with **pepper**.

2



## Cook the chicken

- While the veggies are cooking, in a medium bowl, combine **chicken tenderloins, savoury seasoning**, a drizzle of **olive oil** and a pinch of **salt**.
- Return pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken tenderloins** until browned and cooked through, **3-4 minutes** each side.
- Remove pan from heat then add **sweet & savoury glaze**, turning **chicken** to coat.

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

4



## Serve up

- Divide Parmesan mash between plates.
- Top with sweet and savoury chicken and bacony greens.
- Serve with lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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