



Everything  
But The Chef

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## Baked Chicken Parmigiana with Crispy Potato

Revel in all your favourite flavours of the classic Chicken Parmie, but without the guilt. This easy baked chicken breast topped with fresh tomato and melted cheese will have you wondering why it took you this long to recreate your favourite pub meal, with crispy potato and all.

 **Prep:** 10 mins  
**Cook:** 30 mins  
**Total:** 40 mins

 level 1

 gluten  
free

 pantry  
items



Potato



Green Beans



Mixed Italian Herbs



Chicken Breasts



Tomato



Cheddar Cheese

| 2P        | 4P        | Ingredients                                   |
|-----------|-----------|---|
| 1         | 2         | potato, peeled & cut into 2 cm cubes <b>A</b> |
| 1 tbs     | 2 tbs     | olive oil *                                   |
| 1 tsp     | 2 tsp     | HelloFresh Mixed Italian Herbs                |
| 2 fillets | 4 fillets | chicken breast                                |
| 1         | 2         | tomato, sliced                                |
| ¼ block   | ½ block   | Cheddar cheese, grated                        |
| 100 g     | 200 g     | green beans, trimmed                          |

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

|              |      |    |
|--------------|------|----|
| Energy       | 1890 | Kj |
| Protein      | 36.2 | g  |
| Fat, total   | 18.3 | g  |
| -saturated   | 5.7  | g  |
| Carbohydrate | 32.3 | g  |
| -sugars      | 3.2  | g  |
| Sodium       | 166  | mg |

#### Measuretool

|      |      |      |
|------|------|------|
| 0 cm | 1 cm | 2 cm |
|      |      |      |



**1** Preheat the oven to **200°C/180°C fan-forced**. Line one oven tray with baking paper.



**2** Place the **potato** in a pot of cold water, bring to the boil and par-cook for **10 minutes** or until just tender. Drain. Return to the pan and remove from the heat. Cover with a lid and shake the potato in the pot to roughen up the edges (this is what will make them crisp up in the oven). Add the **olive oil** and **HelloFresh Mixed Italian Herbs** and a generous seasoning of **salt** and **pepper** and toss to coat well. Transfer the potato to one side of the prepared tray. Cook in the oven for **20 minutes** (adding the chicken halfway through - see the step below).



**3** Meanwhile, heat a dash of olive oil in a medium frying pan. Season the **chicken breasts** with salt and pepper and add to the hot pan. Cook for **3 minutes** on each side, or until browned and then transfer to the tray with the potato. Top each chicken fillet with the **tomato slices**, **cheddar cheese** and salt and pepper. Cook for **10-15 minutes**, or until the cheese has melted and the chicken is cooked through.



**4** While everything is in the oven, fill a pot with boiling water and cook the **green beans** for **1-2 minutes** or until tender.

**5** To serve, divide the chicken parmigiana, crispy potato and green beans between plates.

**Did you know?** The potato is the first veggie to be grown in space!