

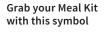
Classic Chicken Parmigiana

with Cherry Tomato Salad

TAKEAWAY FAVES

KID FRIENDLY

BEST SELLER











Snacking Tomatoes



Chicken Breast

Panko Breadcrumbs



Shredded Cheddar Cheese



Leaves





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

Eat Me Early



With the perfect ratio of sauce and cheese to juicy crumbed chicken breast, here's proof that a pub-style parmy can be whipped up from the comfort of your kitchen.

Pantry items

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

Small saucepan \cdot Large frying pan \cdot Oven tray lined with baking paper

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
brown onion	1/2	1		
garlic	1 clove	2 cloves		
snacking tomatoes	1 punnet	2 punnets		
passata	1 box	2 boxes		
salt*	1/4 tsp	½ tsp		
brown sugar*	½ tsp	1 tsp		
butter*	10g	20g		
chicken breast	1 small packet	2 small packets OR 1 large packet		
plain flour*	1 tbs	2 tbs		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
shredded Cheddar cheese	1 medium packet	1 large packet		
honey*	1 tsp	2 tsp		
vinegar* (white wine or balsamic)	drizzle	drizzle		
mixed salad leaves	1 medium bag	2 medium bags		
diced bacon**	1 packet (90g)	1 packet (180g)		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2397kJ (573Cal)	452kJ (108Cal)
Protein (g)	50g	9.4g
Fat, total (g)	23.8g	4.5g
- saturated (g)	9.8g	1.8g
Carbohydrate (g)	37.3g	7g
- sugars (g)	11.1g	2.1g
Sodium (mg)	758mg	143mg
Sodium (mg)	758mg	143mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2785kJ (666Cal)	485kJ (116Cal)
Protein (g)	56.9g	9.9g
Fat, total (g)	30.5g	5.3g
- saturated (g)	12.3g	2.1g
Carbohydrate (g)	38.1g	6.6g
- sugars (g)	11.6g	2g
Sodium (mg)	1189mg	207mg

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 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





Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Finely chop brown onion (see ingredients).
- Finely chop garlic.
- Halve **snacking tomatoes**. Set aside.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!



Make the sauce

- In a small saucepan, heat a drizzle of olive oil over medium heat. Cook onion, stirring, until softened, 2-3 minutes.
- Add garlic and cook until fragrant, 1 minute.
- Add passata, the salt, the brown sugar and the butter. Stir to combine. Reduce heat to low and simmer for 5 minutes.

Custom Recipe: If you've added diced bacon, cook bacon with the onion, breaking the bacon up with a spoon, until golden, 4-5 minutes. Continue with the step.



Crumb the chicken

- Meanwhile, place chicken breast between two sheets of baking paper. Pound with a meat mallet (or rolling pin) until about 2cm-thick.
- In a shallow bowl, whisk the plain flour, a pinch of salt and the egg until combined. In a second shallow bowl, place panko breadcrumbs.
- Dip chicken into the egg mixture to coat, and then into the breadcrumbs. Transfer to a plate.

Little cooks: Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients so you don't end up with sticky fingers. Make sure to wash your hands well afterwards.



Cook the chicken

- In a large frying pan, heat enough olive oil to coat the base over medium-high heat. When oil is hot, cook chicken until golden, 2 minutes each side.
- Transfer chicken to a lined oven tray. Top each piece with two spoonfuls of the tomato sauce, then sprinkle with shredded Cheddar cheese.
- Bake until cheese is melted and chicken is cooked through (when no longer pink inside),
 8-10 minutes.

TIP: Keep any leftover sauce for pasta or pizza!



Make the salad

- Combine the honey and a drizzle of the vinegar and olive oil in a medium bowl.
- Season, then add mixed salad leaves and snacking tomatoes. Toss to coat.

Little cooks: Help combine the dressing ingredients and toss the salad!



Serve up

- Divide classic chicken parmigiana between plates.
- Serve with garden salad. Enjoy!

Rate your recipe

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