



Classic Herb & Cheese Chicken Parmigiana

with Pear, Tomato & Rocket Salad

TAKEAWAY FAVES

BESTSELLER

Grab your Meal Kit with this symbol



Chicken Breast



Herb Crumbing Mix



Passata



Cheddar Cheese



Pear



Tomato



Carrot



Spinach & Rocket Mix



Chilli Flakes (Optional)



Cheddar Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

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.

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

Pantry items

Olive Oil, Plain Flour, Egg, Brown Sugar, Butter, Vinegar (White Wine or Balsamic)

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 · Oven tray lined with baking paper

Ingredients

| | 2 People | 4 People |
|---|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| chicken breast | 1 small packet | 2 small packets OR 1 large packet |
| plain flour* | 1 tbs | 2 tbs |
| egg* | 1 | 2 |
| herb crumbing mix | 1 medium packet | 1 large packet |
| passata | ½ packet | 1 packet |
| brown sugar* | 1 tsp | 2 tsp |
| butter* | 20g | 40g |
| Cheddar cheese | 1 medium packet | 1 large packet |
| pear | 1 | 2 |
| tomato | 1 | 2 |
| carrot | 1 | 2 |
| spinach & rocket mix | 1 medium bag | 2 medium bags |
| vinegar* (white wine or balsamic) | drizzle | drizzle |
| chilli flakes (optional) 🌶️ | pinch | pinch |
| Cheddar cheese** | 1 medium packet | 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2168kJ (518Cal) | 399kJ (95Cal) |
| Protein (g) | 47.9g | 8.8g |
| Fat, total (g) | 20.6g | 3.8g |
| - saturated (g) | 7.3g | 1.3g |
| Carbohydrate (g) | 33.5g | 6.2g |
| - sugars (g) | 18.7g | 3.4g |
| Sodium (mg) | 1019mg | 188mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2512kJ (600Cal) | 446kJ (107Cal) |
| Protein (g) | 52.7g | 9.4g |
| Fat, total (g) | 27.6g | 4.9g |
| - saturated (g) | 11.5g | 2g |
| Carbohydrate (g) | 33.5g | 5.9g |
| - sugars (g) | 18.7g | 3.3g |
| Sodium (mg) | 1163mg | 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



Crumb the chicken

- Preheat oven to **220°C/200°C fan-forced**.
- Place **chicken breast** between two sheets of baking paper. Pound with a meat mallet (or rolling pin) until about 1cm-thick.
- In a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **herb crumbing mix**.
- Dip **chicken** into **flour mixture** to coat, then into **egg**, and finally in **crumbing mix**. Set aside on a plate.



Prep the veggies

- Meanwhile, thinly slice **pear** into wedges.
- Slice **tomato** into thin wedges.
- Grate **carrot**.



Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- When oil is hot, cook **chicken** until golden, **2-3 minutes** each side. Transfer chicken to a lined oven tray.

TIP: The chicken will finish cooking in step 3!



Make the salad

- In a large bowl, combine **pear**, **tomato**, **carrot**, **spinach & rocket mix**, a drizzle of the **vinegar** and **olive oil**. Season to taste.



Bake the parmigiana

- In a microwave safe bowl, combine **passata** (see ingredients), the **brown sugar** and the **butter**. Heat in **10 second** bursts, until melted. Stir to combine.
- Top each piece of **chicken** with **passata mixture**, then sprinkle with **Cheddar cheese**.
- Bake until cheese is melted and **chicken** is cooked through (when no longer pink inside), **8-10 minutes**.

Custom Recipe: If you've doubled your Cheddar cheese, sprinkle it over the chicken as above.



Serve up

- Divide classic chicken parmigiana between plates. Sprinkle over **chilli flakes** (if using).
- Serve with pear, tomato and rocket salad. Enjoy!

Rate your recipe

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