

Classic Herb & Cheese Chicken Parmigiana

with Pear, Tomato & Rocket Salad

TAKEAWAY FAVES

BESTSELLER



Grab your Meal Kit with this symbol







Herb Crumbing











Carrot



Tomato

Spinach & Rocket

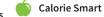


Chilli Flakes (Optional)



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

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

Ingradients

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	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.



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!



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.



Prep the veggies

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



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.



Serve up

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



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