



Spooktacular Chicken Parmigiana

with Haunted Salad

HALLOWEEN

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Snacking Tomatoes



Passata



Chicken Breast



Panko Breadcrumbs



Cheddar Cheese



Mixed Salad Leaves



Diced Bacon

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

Carb Smart

Eat Me Early

This spooky dinner has no tricks up its sleeve, it is truly just a treat. 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 this Halloween season.

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

Pantry items

Olive Oil, Brown Sugar, Butter, Plain Flour, Egg, Honey, 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

Small saucepan · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
garlic	1 clove	2 cloves
snacking tomatoes	1 punnet	2 punnets
passata	1 box	2 boxes
salt*	¼ 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	2 medium packets
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)	2228kJ (533Cal)	425kJ (102Cal)
Protein (g)	49.1g	9.4g
Fat, total (g)	19.7g	3.8g
- saturated (g)	9.3g	1.8g
Carbohydrate (g)	37.3g	7.1g
- sugars (g)	11.1g	2.1g
Sodium (mg)	763mg	145mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2616kJ (625Cal)	459kJ (110Cal)
Protein (g)	56g	9.8g
Fat, total (g)	26.4g	4.6g
- saturated (g)	11.8g	2.1g
Carbohydrate (g)	38.1g	6.7g
- sugars (g)	11.6g	2g
Sodium (mg)	1193mg	209mg

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



1 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!



4 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 **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!



2 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 bacon up with a spoon, until golden, 4-5 minutes. Continue as above.



5 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!



3 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.



6 Serve up

- Divide spooktacular chicken parmigiana between plates.
- Serve with haunted salad. Enjoy!

Rate your recipe

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