

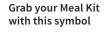
Classic Chicken Parmigiana

with Cherry Tomato Salad

CUSTOMER FAVOURITE

KID FRIENDLY

DIETITIAN APPROVED











Snacking Tomatoes





Chicken Breast

Panko Breadcrumbs





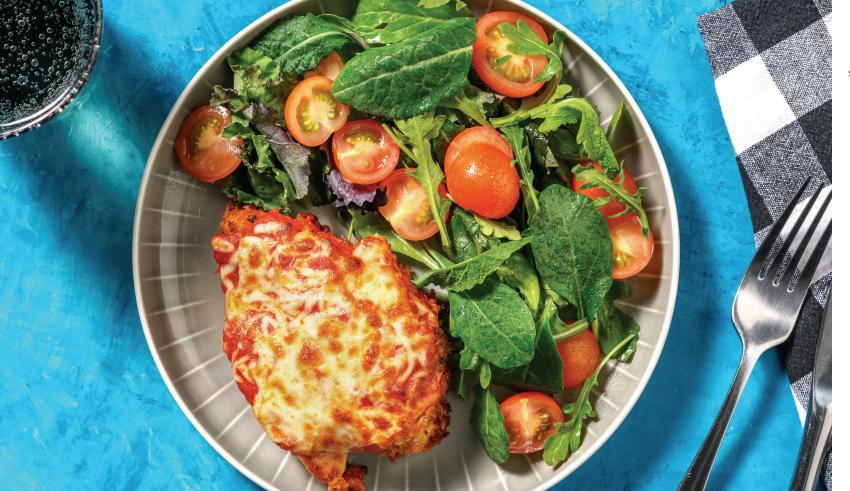


Cheddar Cheese

Leaves



Diced Bacon



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

Eat Me Early

Carb Smart

*Custom Recipe is not Dietitian Approved

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, 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
refer to method	refer to method
1/2	1
1 clove	2 cloves
1 punnet	2 punnets
1 box	2 boxes
1/4 tsp	½ tsp
½ tsp	1 tsp
10g	20g
1 small packet	2 small packets OR 1 large packet
1 tbs	2 tbs
1	2
1 medium packet	1 large packet
1 medium packet	1 large packet
1 tsp	2 tsp
drizzle	drizzle
1 medium bag	2 medium bags
1 packet (90g)	1 packet (180g)
	refer to method ½ 1 clove 1 punnet 1 box ¼ tsp ½ tsp 10g 1 small packet 1 tbs 1 1 medium packet 1 tsp drizzle 1 medium bag

^{*}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





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 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 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

- In a medium bowl, combine the honey and a drizzle of the vinegar and olive oil.
- 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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate