

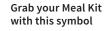
Garlic & Herb Chicken Parmigiana

with Roasted Sweet Potato & Veggie Toss

FAMILY FAVOURITE

KID FRIENDLY

CLIMATE SUPERSTAR







Sweet Potato











Chicken Breast

Tomato Sugo



Garlic & Herb Seasoning



Panko Breadcrumbs

Baby Spinach





Cheddar Cheese



Cheddar Cheese

Pantry items



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

Eat Me Early



Craving that oh-so tasty chicken parmi but don't have time to get to the pub? Well stop right here, because we've brought this pub classic straight to you. The best part is that this parmi is guilt-free - we've swapped out your typical mash or fries combo for a hearty roast veggie toss to keep the calories down and the flavours up!



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

Two oven trays lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
zucchini	1	2		
beetroot	1	2		
garlic	2 cloves	4 cloves		
tomato sugo	1 packet	2 packets		
brown sugar*	1 tsp	2 tsp		
butter*	20g	40g		
chicken breast	1 small packet	2 small packets OR 1 large packet		
plain flour*	1 tbs	2 tbs		
garlic & herb seasoning	1 medium sachet	1 large sachet		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
Cheddar cheese	1 medium packet	1 large packet		
baby spinach leaves	1 small packet	1 medium packet		
balsamic vinegar*	dizzle	dizzle		
Cheddar cheese**	1 medium packet	1 large packet		
and the second s				

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2516kJ (601Cal)	334kJ (80Cal)
Protein (g)	55g	7.3g
Fat, total (g)	11.1g	1.5g
- saturated (g)	5.2g	0.7g
Carbohydrate (g)	68.1g	9g
- sugars (g)	27g	3.6g
Sodium (mg)	894mg	119mg
Custom Recine		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2860kJ (684Cal)	370kJ (88Cal)
Protein (g)	59.8g	7.7g
Fat, total (g)	18.2g	2.4g
- saturated (g)	9.5g	1.2g
Carbohydrate (g)	68.3g	8.8g
- sugars (g)	27.2g	3.5g
Sodium (mg)	1038mg	134mg

The quantities provided above are averages only.

Alleraens

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





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato into bite-sized chunks.
- · Cut zucchini into rounds.
- · Cut beetroot into 1cm chunks.
- Place veggies on a lined oven tray. Drizzle with olive oil and season with a pinch of salt and pepper. Toss to coat.
- Bake until tender, 20-25 minutes. Allow to cool slightly.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Cook the chicken

- Wipe out frying pan and return to medium-high heat, with enough olive oil to coat the base.
- Cook crumbed chicken in batches, until golden and cooked through, 2-4 minutes each side. Transfer to a second lined oven tray.
- · Top and evenly spread each piece of chicken with parmigiana sauce, then sprinkle with Cheddar cheese.
- · Bake until the cheese melts and the chicken is cooked, 8-10 minutes.

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.

TIP: Chicken is cooked when it is no longer pink inside.

Custom Recipe: If you've doubled your Cheddar cheese, top chicken with extra cheese as above.



Make the parmigiana sauce

- Meanwhile, finely chop garlic.
- In a large frying pan, heat a drizzle of olive oil over medium heat. Add garlic and cook, stirring until fragrant, 1 minute.
- · Add tomato sugo, the brown sugar and butter, stirring, until slightly reduced, 3-4 minutes. Season to taste. Transfer to a bowl and set aside.



Crumb the chicken

- · Meanwhile, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm.
- In a shallow bowl, combine the plain flour, garlic & herb seasoning and a pinch of salt. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Dip chicken into flour mixture, followed by the egg and finally in panko breadcrumbs. Set aside on a plate.



Toss the salad

- In a medium bowl, add baby spinach leaves, slightly cooled roasted vegetabales and a drizzle of balsamic vinegar.
- · Toss to combine and season.



Serve up

· Divide garlic and herb chicken parmigiana and roasted sweet potato and veggie toss between plates to serve. Enjoy!

Rate your recipe

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