



Garlic & Herb Chicken Parmigiana

with Roasted Sweet Potato & Veggie Toss

FAMILY FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Zucchini



Beetroot



Garlic



Diced Tomatoes with Onion & Garlic



Chicken Breast



Garlic & Herb Seasoning



Panko Breadcrumbs



Cheddar Cheese



Baby Spinach Leaves



Cheddar Cheese

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

Calorie Smart*
**Custom recipe is not Calorie Smart*

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!

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, Balsamic Vinegar

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

	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
diced tomatoes with onion & garlic	½ medium packet	1 medium packet
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
chicken breast	1 medium packet	2 medium 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	2 medium packets
Cheddar cheese	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
balsamic vinegar*	drizzle	drizzle
Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2547kJ (609Cal)	338kJ (81Cal)
Protein (g)	55.3g	7.3g
Fat, total (g)	11.1g	1.5g
- saturated (g)	5.2g	0.7g
Carbohydrate (g)	71.1g	9.4g
- sugars (g)	28.6g	3.8g
Sodium (mg)	1340mg	178mg
Dietary fibre (g)	14.8g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2891kJ (691Cal)	374kJ (89Cal)
Protein (g)	60.2g	7.8g
Fat, total (g)	18.1g	2.3g
- saturated (g)	9.5g	1.2g
Carbohydrate (g)	71.3g	9.2g
- sugars (g)	28.8g	3.7g
Sodium (mg)	1484mg	192mg
Dietary Fibre	14.9g	1.9g

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.

1



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 between two trays.

4



Cook the chicken

- Wipe out frying pan and return to medium-high heat, with enough **olive oil** to coat the base.
- Fry **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 through, **8-10 minutes**.

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

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

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

2



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 until fragrant, **1 minute**.
- Add **diced tomatoes with onion & garlic (see ingredients)**, the **brown sugar** and **butter**, stirring until slightly reduced, **3-4 minutes**. Season to taste. Transfer to a bowl and set aside.

5



Toss the salad

- In a medium bowl, add **baby spinach leaves**, **roasted veggies** and a drizzle of **balsamic vinegar**.
- Toss to combine and season.

3



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 the **panko breadcrumbs**. Set aside on a plate.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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