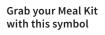


Garlic & Herb Chicken Parmigiana

with Roasted Sweet Potato & Veggie Toss

FAMILY FAVOURITE

KID FRIENDLY







Sweet Potato









Diced Tomatoes



with Onion & Garlic



Seasoning



Chicken Breast

Panko Breadcrumbs



Cheddar Cheese



Leaves

Baby Spinach





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!



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 Incredients

9				
	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.



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.



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.



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.



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.



Toss the salad

- In a medium bowl, add baby spinach leaves, roasted veggies 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!



