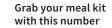


Herb Chicken Parmigiana with Apple, Tomato & Rocket Salad

TAKEAWAY FAVES

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY









Herb Crumbing



Tomato Sugo





Cheddar Cheese







Carrot



Spinach & Rocket



Chilli Flakes (Optional)



Diced Bacon



Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early



Carb Smart



With the perfect ratio of sauce and cheese to juicy crumbed chicken tenders, here's proof that a pub-style parmy can be whipped up from the comfort of your kitchen.

Pantry items

Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Air fryer or oven tray lined with baking paper \cdot Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
chicken breast	1 medium packet	2 medium packets OR 1 large packet	
plain flour*	1 tbs	2 tbs	
egg*	1	2	
herb crumbing mix	1 medium packet	2 medium packets	
tomato sugo	½ packet	1 packet	
Cheddar cheese	1 medium packet	1 large packet	
apple	1	2	
tomato	1	2	
carrot	1	2	
spinach & rocket mix	1 medium packet	2 medium packets	
vinegar* (white wine or balsamic)	drizzle	drizzle	
chilli flakes ∮ (optional)	pinch	pinch	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2444kJ (584cal)	238kJ (57cal)
Protein (g)	50.4g	4.9g
Fat, total (g)	27.3g	2.7g
- saturated (g)	7.9g	0.8g
Carbohydrate (g)	34.1g	3.3g
- sugars (g)	19.4g	1.9g
Sodium (mg)	1005mg	98mg
Dietary Fibre (g)	7.3g	0.7g

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.



Crumb the chicken

- Place chicken breast between two sheets of baking paper. Pound with a meat mallet (or rolling pin) until about 1cm-thick.
- In a shallow bowl, combine the **plain flour** and a pinch of **salt**.
- In a second shallow bowl, whisk the egg.
- In a third shallow bowl, place herb crumbing mixture and combine with olive oil (1 tbs for 2 people / 2 tbs for 4 people).
- Dip chicken into flour mixture to coat, then into egg and finally in breadcrumbs. Set aside on a plate.

TIP: No air fryer? Leave the oil out of the crumb if you are pan frying.



Make the salad

- · Meanwhile, thinly slice apple into wedges.
- Slice tomato into thin wedges.
- Grate carrot.
- In a large bowl, combine apple, tomato, carrot, spinach & rocket mix, a drizzle of vinegar and of olive oil. Season to taste.



Cook the chicken

- Set air fryer to 200°C. Place crumbed chicken into a foil-lined air fryer basket and cook, until golden, 6-8 minutes (cook in batches if needed).
- Flip chicken and top each piece with tomato sugo (see ingredients), then sprinkle with Cheddar cheese. Return to air fryer and cook until cheese is melted and chicken is cooked through, 6-8 minutes.

TIP: No air fryer? Preheat oven to 220°C/200°C fan-forced. Heat a large frying pan over medium-high heat with enough olive oil to cover the base. Cook chicken until golden, 2-3 minutes each side. Transfer chicken to a lined oven tray. Top each piece of chicken with cheesy tomato topping as above. Bake chicken, until cooked through (when no longer pink inside), 8-10 minutes.



Serve up

- Divide herb chicken parmigiana between plates.
- Sprinkle over chilli flakes (if using).
- Serve with apple, tomato and rocket salad. Enjoy!



