



# Herb Chicken Parmigiana

with Apple, Tomato & Rocket Salad

TAKEAWAY FAVES

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY

Grab your meal kit with this number

3



Chicken Breast



Herb Crumbing Mix



Tomato Sugo



Cheddar Cheese



Apple



Tomato



Carrot



Spinach & Rocket Mix



Chilli Flakes (Optional)



Diced Bacon



Cheddar Cheese

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

Carb Smart

Eat Me Early

Protein Rich

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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chicken breast	1 medium packet	2 medium packets OR 1 large packet
<b>plain flour*</b>	1 tbs	2 tbs
<b>egg*</b>	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
<b>vinegar*</b> (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](https://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

2024 | CW35



## 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 parmesan between plates.
- Sprinkle over **chilli flakes** (if using).
- Serve with apple, tomato and rocket salad. Enjoy!

### CUSTOM OPTIONS



#### ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Sprinkle over chicken to serve.



#### DOUBLE CHEDDAR CHEESE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

