



Baked Chicken Parmigiana

with Sweet Potato Fries & Garden Salad

KID FRIENDLY

Grab your meal kit with this number

40



Sweet Potato



Brown Onion



Garlic



Passata



Chicken Breast



Panko Breadcrumbs



Cheddar Cheese



Snacking Tomatoes



Rocket Leaves



Parsley



Cheddar Cheese



Parmesan Cheese

Prep in: 30-40 mins
Ready in: 45-55 mins

Protein Rich

Eat Me Early

Who doesn't love a good parmi? That chicken and cheese combo is hard to beat. Paired with sweet potato fries and a crisp cherry tomato salad, we bet this will be a real favourite around the table tonight.

Pantry items

Olive Oil, Brown Sugar, Butter, Plain Flour, Egg, Balsamic Vinegar

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

Small saucepan · 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
brown onion	1	2
garlic	1 clove	2 cloves
passata	1 packet	2 packets
salt* (for the sauce)	¼ tsp	½ tsp
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
salt* (for the chicken)	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
snacking tomatoes	1 packet	2 packets
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 small packet	2 small packets
parsley	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3045kJ (397cal)	397kJ (52cal)
Protein (g)	55.9g	7.3g
Fat, total (g)	26.4g	3.4g
- saturated (g)	12g	1.6g
Carbohydrate (g)	64.9g	8.5g
- sugars (g)	23g	3g
Sodium (mg)	1025mg	133.6mg
Dietary Fibre (g)	12.7g	1.7g

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.

We're here to help!

Scan here if you have any questions or concerns

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Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

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



Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. When oil is hot, cook **crumbed chicken** until golden, **2-3 minutes** each side. Transfer to a second lined oven tray.
- Top chicken with **parmigiana sauce**, then sprinkle with **Cheddar cheese**.
- Bake until cheese is melted and chicken is cooked through (when no longer pink inside), **8-10 minutes**.



Make the parmigiana sauce

- Finely chop **brown onion** and **garlic**.
- In a small saucepan, heat a drizzle of **olive oil** over medium heat. Cook **onion**, stirring, until softened, **2-3 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Add **passata**, the **salt (for the sauce)**, **brown sugar** and **butter** and stir to combine.
- Reduce heat to low and simmer, stirring occasionally, **3-4 minutes**. Remove from heat.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!



Make the salad

- Roughly chop **snacking tomatoes**.
- In a medium bowl, combine a drizzle of **olive oil** and **balsamic vinegar**. Season, then add **tomato** and **rocket leaves**. Toss to coat.



Crumb the chicken

- While the fries are baking, place **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm.
- In a shallow bowl, combine the **plain flour**, **salt (for the chicken)** and a generous pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **chicken** first in the **flour**, followed by the **egg** and finally the **breadcrumbs**. Transfer to a plate.

Little cooks: Kids can help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to prevent sticky fingers.



Serve up

- Divide baked chicken parmigiana, sweet potato fries and garden salad between plates.
- Tear over **parsley** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the remaining parsley!

CUSTOM OPTIONS

+ DOUBLE CHEDDAR CHEESE
Follow method above.

+ ADD PARMESAN CHEESE
Add cheese to the panko mixture before crumbing.

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

