

Herby Chicken Parmigiana

with Apple, Tomato & Rocket Salad

FEEL-GOOD TAKEAWAY

HELLOHERO

AIR FRYER FRIENDLY

Grab your meal kit with this number

26



Chicken Breast



Herb Crumbing Mix



Tomato Sugo



Cheddar Cheese



Apple



Tomato



Carrot



Spinach & Rocket Mix



Chilli Flakes (Optional)



Cheddar Cheese



Diced Bacon

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

Calorie Smart

Protein Rich

Eat Me Early

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
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)	2715kJ (649cal)	478kJ (84cal)
Protein (g)	52.3g	9.2g
Fat, total (g)	28.3g	5g
- saturated (g)	8g	1.4g
Carbohydrate (g)	45.8g	8.1g
- sugars (g)	20.8g	3.7g
Sodium (mg)	1142mg	201.1mg
Dietary Fibre (g)	7.4g	1.3g

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

2025 | CW03



1



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 the **flour mixture** to coat, then into the **egg** and finally into the **breadcrumbs**. Set aside on a plate.

TIP: No air fryer? Leave the oil out of the crumbing mixture.

3



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.

2



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.

4



Finish & serve

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

CUSTOM OPTIONS

+ DOUBLE CHEDDAR CHEESE
Follow method above.

+ ADD DICED BACON
Top chicken with tomato sugo and sprinkle over diced bacon and Cheddar cheese. Continue with recipe.

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

