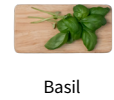
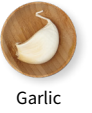


# Classic Chicken Parmigiana

with Garden Salad

Grab your Meal Kit with this symbol



Hands-on: 25-35 mins  
 Ready in: 45-55 mins

Eat me early

Why go out for this nostalgic pub classic when you can create it right in your own kitchen? There's not much to analyse here – just good old-fashioned tasty, gooey chicken parmy. This one beats the pub meal, any day!

*Unfortunately, this week's cherry tomatoes were in short supply, so we've replaced them with tomatoes. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Brown Sugar, Butter, Plain Flour, Egg, Vinegar (White Wine or Balsamic), Honey

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Small saucepan · Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
garlic	1 clove	2 cloves
basil	1 punnet	1 punnet
carrot	½	1
tomato	2	4
passata	1 box (200g)	2 boxes (400g)
salt*	¼ tsp	½ tsp
brown sugar*	½ tsp	1 tsp
butter*	½ tbs	1 tbs
chicken breast	1 small packet	1 large packet
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 packet	2 packets
shredded Cheddar cheese	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	½ tbs	1 tbs
honey*	1 tsp	2 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3009kJ (719Cal)	538kJ (128Cal)
Protein (g)	48.2g	8.6g
Fat, total (g)	39.5g	7.1g
- saturated (g)	14.2g	2.5g
Carbohydrate (g)	39.4g	7g
- sugars (g)	14.9g	2.7g
Sodium (mg)	837mg	150mg

## 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.



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion** (see ingredients). Finely chop the **garlic**. Pick and tear the **basil** leaves. Grate the **carrot** (see ingredients). Roughly chop the **tomato**.



## Cook the chicken

Heat enough **olive oil** to coat the base of a large frying pan over a medium-high heat. When the oil is hot, cook the **chicken** until golden, **2 minutes** each side. Transfer the **chicken** to an oven tray lined with baking paper. Top each piece with two spoonfuls of **tomato sauce**, then sprinkle with 1/2 the **basil** and the **shredded Cheddar cheese**. Bake until the cheese melts and the chicken is cooked through, **8-10 minutes**.

**TIP:** Chicken is cooked through when it's no longer pink inside.

**TIP:** Keep any leftover tomato sauce to use on pasta or pizza!



## Make the sauce

Heat a drizzle of **olive oil** in a small saucepan over a medium heat. Cook the **onion** until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **passata**, the **salt**, **brown sugar** and **butter** and stir to combine. Reduce the heat to low and simmer for **5 minutes**.



## Make the salad

While the chicken is cooking, combine the **vinegar**, **honey** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people) in a medium bowl. Add the **mixed salad leaves**, **carrot** and **tomato** and toss to coat. Season to taste.



## Crumb the chicken

While the sauce is simmering, place the **chicken breast** between two sheets of baking paper and pound using a meat mallet (or rolling pin) until about 2cm thick. In a shallow bowl, place the **plain flour**, then season with **salt** and **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** into the **flour**, followed by the **egg** and finally in the **breadcrumbs**. Transfer to a plate.



## Serve up

Divide the chicken parmesan between plates and serve with the garden salad. Garnish with the remaining basil.

## Enjoy!