



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK46
2016



Crispy Chicken Parmigiana with Cucumber Salad

Creating crispy chicken parmigiana really isn't hard when you follow a few steps. Get your crumbing station ready. We like to let the chicken sit in the egg mixture for a minute, so the breadcrumbs really stick to it. Then, all that's left to do is enjoy this crispy pub classic!



Prep: 20 mins

Cook: 20 mins

Total: 40 mins



level 1



nut free



eat me first

Pantry Items



Plain Flour



Egg



Olive Oil



Free Range
Chicken Breast



Fine
Breadcrumbs



Diced Tomatoes



Garlic



Basil Leaves



Mozzarella Cheese



Cucumber





Mixed Salad
Leaves

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
2 fillets	4 fillets	free range chicken breast
2 tbs	4 tbs	plain flour *
1	2	egg, lightly whisked with a fork *
1 packet	2 packets	fine breadcrumbs
3 tbs	6 tbs	olive oil *
1 tin	2 tins	diced tomatoes
1 clove	2 cloves	garlic, peeled & crushed 
1 bunch	2 bunches	basil, leaves picked
1 block	2 blocks	mozzarella cheese, grated
1	2	cucumber, diced into 1 cm cubes
½ bag	1 bag	mixed salad leaves, washed 

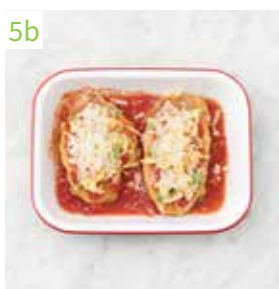
 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3430	Kj
Protein	59.5	g
Fat, total	42.6	g
-saturated	11.5	g
Carbohydrate	46.8	g
-sugars	9.5	g
Sodium	643	mg



You will need: *chef's knife, chopping board, fork, garlic crusher, box grater, baking paper, mallet or rolling pin, 3 shallow bowls, two plates, medium frying pan, tongs, paper towel, medium ovenproof dish, spoon and medium bowl.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **chicken breast** between two sheets of baking paper. With a heavy mallet or rolling pin, flatten the breast until it is 2cm thick.

3 Now it's time to set up your crumbing station. Place the **plain flour** in a shallow bowl (season with **salt** and **pepper**), the whisked **egg** in a second bowl and the **fine breadcrumbs** in a third bowl. Season the chicken breast with salt and pepper then dip in the flour, followed by the egg and finally coat in the breadcrumb mixture. Place on a plate until ready to fry.

4 Heat a medium frying pan over a medium-high heat, drizzle in half of the **olive oil** and pan fry the crumbed chicken for **2-3 minutes** on each side until golden brown and cooked all the way through. Set aside.

5 Pour half of the **diced tomatoes** in the base of the ovenproof dish. Place the chicken on top. Spoon over the remaining diced tomatoes and crushed **garlic**. Sprinkle with fresh **basil** and grated **mozzarella cheese** so the chicken breast is coated. Bake for **5-10 minutes**, or until golden.

6 Meanwhile in a medium bowl, dress the **cucumber** and **mixed salad leaves** with the rest of the olive oil. Season to taste with salt and pepper.

7 To serve, divide chicken parmigiana between plates and place the cucumber salad alongside. Enjoy!