



Garlic & Herb Chicken Parmigiana

with Roasted Sweet Potato Veggie Toss

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Zucchini



Beetroot



Garlic



Passata



Garlic & Herb Seasoning



Panko Breadcrumbs



Baby Spinach Leaves



Chicken Breast



Shredded Cheddar Cheese

Prep in: 25-35 mins
Ready in: 35-45 mins

Calorie Smart

Eat Me Early

Craving that oh-so tasty chicken parmi but don't have time to get to the pub? Well stop right here, because we've brought this pub classic straight to you. The best part is that this parmi is guilt-free - we've swapped out your typical mash or fries combo for a hearty roast veggie toss to keep the calories down and the flavours up!

Pantry items

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

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

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
zucchini	1	2
beetroot	1	2
garlic	2 cloves	4 cloves
passata	1 box	2 boxes
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
chicken breast	1 small packet	1 large packet
plain flour*	1 tbs	2 tbs
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2524kJ (603Cal)	366kJ (87Cal)
Protein (g)	50.2g	7.3g
Fat, total (g)	13.7g	2g
- saturated (g)	6g	0.9g
Carbohydrate (g)	67g	9.7g
- sugars (g)	26.1g	3.8g
Sodium (mg)	911mg	132mg

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

2023 | CW06



1



Roast the veggies

- Preheat the oven to **240°C/220°C fan-forced**. Cut **sweet potato** into bite-sized chunks. Cut **zucchini** into rounds. Cut **beetroot** into 1cm chunks.
- Place **veggies** on lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Bake until tender, **20-25 minutes**. Allow to cool slightly.

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

4



Cook the chicken

- Wipe out frying pan and return to medium-high heat, with enough **olive oil** to coat the base.
- Fry crumbed **chicken** in batches until golden, **2-4 minutes** each side. Transfer to a second lined oven tray.
- Top and evenly spread each piece of **chicken** with **parmigiana sauce**, then sprinkle with **shredded Cheddar cheese**.
- Bake until the cheese melts and the **chicken** is cooked through (when no longer pink inside), **8-10 minutes**.

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.

2



Make the parmigiana sauce

- Meanwhile, finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Add **garlic** and cook until fragrant, **1 minute**.
- Add **passata**, the **brown sugar** and **butter**, stirring, until slightly reduced **3-4 minutes**. Season to taste. Transfer to a bowl and set aside.

5



Toss the salad

- In a medium bowl, add **roasted veggies**, **baby spinach leaves** and a drizzle of **vinegar**.
- Toss to combine and season.

3



Crumb the chicken

- Meanwhile, place **chicken breast** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm.
- In a shallow bowl, combine the **plain flour**, **garlic & herb seasoning** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken** into **flour mixture**, followed by **egg**, and finally in **panko breadcrumbs**. Set aside on a plate.

6



Serve up

- Slice chicken.
- Divide garlic & herb chicken parmigiana and roasted sweet potato & veggie toss between plates. Enjoy!

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