



Mexican-Spiced Chicken Parmigiana

with Creamy Corn Salad



Garlic



Carrot



Mexican Fiesta Spice Blend



Passata



Chicken Breast



Panko Breadcrumbs



Shredded Cheddar Cheese



Sweetcorn



Apple



Lemon



Mayonnaise



Mixed Salad Leaves



Hands-on: 30-40 mins
Ready in: 40-50 mins



Eat Me Early



Spicy (Mexican Fiesta spice blend)

Shake up a classic parmi with a good shake of our Mexican Fiesta spice blend. Serve with a crisp and creamy salad to mellow out the heat and you might never want your parmi any other way!

Unfortunately, this week's cucumber was in short supply, so we've replaced it with apple. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Butter, Sugar, Plain Flour, Egg

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	½	1
butter*	20g	40g
Mexican Fiesta spice blend	1 sachet	2 sachets
passata	1 box	2 boxes
sugar*	2 tsp	1 tbs
chicken breast	1 small packet	1 large packet
plain flour*	1 tbs	2 tbs
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
sweetcorn	1 tin (125g)	1 tin (300g)
apple	1	2
lemon	½	1
mayonnaise	½ packet (20g)	1 packet (40g)
mixed salad leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3201kJ (765Cal)	512kJ (122Cal)
Protein (g)	49g	7.8g
Fat, total (g)	41.3g	6.6g
- saturated (g)	16.3g	2.6g
Carbohydrate (g)	44g	7g
- sugars (g)	16.2g	2.6g
Sodium (mg)	1896mg	303mg

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the sauce

SPICY! You may find the spice blend hot! Add less if you're sensitive to heat. Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. Grate the **carrot** (see ingredients). Heat a medium saucepan over a medium-high heat. Add the **butter, garlic, carrot** and **Mexican Fiesta spice blend** and cook, stirring, until fragrant, **1 minute**. Add the **passata** and reduce the heat to medium. Simmer until slightly reduced, **3-4 minutes**. Season with **salt** and **pepper** and 1/2 the **sugar**. Remove from the heat.



Char the corn

While the chicken is baking, drain the **sweetcorn**. Wipe out the frying pan and bring to a high heat. Add the **corn kernels** and cook until lightly browned, **4-5 minutes**.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Crumb the chicken

Place the **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until it reaches an even thickness, about 1cm-thick. In a shallow bowl, combine the **plain flour**, the **salt** and a good pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** into the **flour mixture**, then into the **egg**, and finally in the **panko breadcrumbs**. Set aside on a plate.



Make the salad

While the corn is charring, thinly slice the **apple** into wedges. Zest the **lemon** to get a pinch, then slice into wedges. In a large bowl, combine a generous squeeze of **lemon juice**, the **lemon zest**, **mayonnaise** (see ingredients) and remaining **sugar**. Season to taste, adding another squeeze of **lemon juice** if you'd like. Add the **mixed salad leaves**, **apple** and **charred corn** to the **dressing**, tossing to coat.



Cook the chicken

In a large frying pan, add enough **olive oil** to coat the base over a medium-high heat. When the oil is hot, add the **crumbed chicken** and cook, turning occasionally, until golden on the outside, **4-5 minutes**. Transfer to a lined oven tray. Top with the **sauce** and **shredded Cheddar cheese**. Bake until the cheese is melted and the chicken is cooked through, **6-8 minutes**.

TIP: Add extra oil to the frying pan to prevent the chicken from sticking to it!

TIP: Chicken is cooked through when no longer pink inside.



Serve up

Divide the Mexican-style chicken parmigiana and creamy corn salad between plates. Serve with any remaining lemon wedges.

Enjoy!

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