



MEXICAN-STYLE CHICKEN PARMIGIANA

with Creamy Corn & Cos Salad



Add Mexican flavour to a traditional parmigiana!



Garlic



Carrot



Tex-Mex Spice Blend



Passata



Chicken Breast



Panko Breadcrumbs



Shredded Cheddar Cheese



Sweetcorn



Cos Lettuce



Cucumber



Lemon



Garlic Aioli

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

Eat me early

An Aussie classic with a Mexicana-inspired twist! Our zingy Tex-Mex spice blend gives this panko-crumbed parmi a flavourful kick, with a crunchy cucumber, cos and corn salad to round it off.

Pantry Staples: Olive Oil, Butter, Sugar, Plain Flour, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** • **large frying pan** • **oven tray** lined with **baking paper**



1 MAKE THE SAUCE

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Heat a medium saucepan over a medium-high heat. Add the **butter, garlic, carrot** and **Tex-Mex spice blend** and cook, stirring, until fragrant, **1 minute**. **TIP:** Add less of the spice blend if you are sensitive to heat! Add **1/2 box** of **passata** and reduce the heat to medium. Simmer until slightly reduced, **3-4 minutes**. Season to taste with **salt, pepper** and **1 tsp** of **sugar**. Remove from the heat.



4 CHAR THE CORN

While the chicken is baking, drain the **sweetcorn**. Wash the frying pan and return to a high heat. When the pan is hot, add the **corn** kernels and cook, tossing, until lightly browned, **4-5 minutes**. **TIP:** Cover the pan with a lid if the kernels are "popping" out. Set aside to cool slightly. Shred the **cos lettuce**. Roughly chop the **cucumber**. Zest the **lemon** to get a **pinch**, then cut in half.



2 CRUMB THE CHICKEN

Place the **chicken breast** between two sheets of baking paper. Pound the chicken with a meat mallet or rolling pin until they are 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 **eggs**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** into the seasoned **flour**, followed by the **egg** and finally in the **panko breadcrumbs**. Set aside on a plate.



5 TOSS THE SALAD

In a large bowl, combine a **generous squeeze** of **lemon juice**, the **lemon zest**, **garlic aioli**, the **remaining 1 tsp** of **sugar** and a **generous pinch** of **salt** and **pepper**. **TIP:** Taste and add more lemon juice if needed. Add the **cos lettuce, cucumber** and charred **corn** to the bowl with the dressing and toss well to coat. **TIP:** Toss the salad just before serving to keep the leaves crisp.



3 COOK THE CHICKEN

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, add **1/2** the **chicken** and cook, turning occasionally, until golden, **4-5 minutes**. Transfer to an oven tray lined with baking paper. Repeat with the **remaining chicken**. **TIP:** Add extra oil if needed to prevent sticking. Top the **chicken** with the **tomato mixture** and sprinkle with the **shredded Cheddar cheese**. Bake until the cheese is melted and the chicken is cooked through, **6-8 minutes**. **TIP:** The chicken is cooked when it is no longer pink in the centre.



6 SERVE UP

Divide the Mexican-style chicken parmigiana between plates and serve the creamy cos and corn salad on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	4 cloves
carrot	1
butter*	40 g
Tex-Mex spice blend	2 sachets
passata	1/2 box (250 g)
sugar*	2 tsp
chicken breast	1 packet
plain flour*	2 tbs
salt*	1 tsp
eggs*	2
panko breadcrumbs	2 packets
shredded Cheddar cheese	1 packet (100 g)
sweetcorn	1 tin (300 g)
cos lettuce	1 head
cucumber	1
lemon	1
garlic aioli	1 tub (50 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3840kJ (917Cal)	645kJ (154Cal)
Protein (g)	60.2g	10.1g
Fat, total (g)	39.0g	6.5g
- saturated (g)	16.1g	2.7g
Carbohydrate (g)	76.4g	12.8g
- sugars (g)	15.3g	2.6g
Sodium (g)	2100mg	352mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2019 | WK41