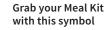


# Classic Chicken Parmigiana Tenders

with Apple, Tomato & Rocket Salad

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR









Chicken Tenderloins





Passata











Carrot

Spinach & Rocket



Chilli Flakes (Optional)



Recipe Update

We've replaced the chicken breast in this recipe with chicken tenderloins due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early



With the perfect ratio of sauce and cheese to juicy crumbed chicken tenders, here's proof that a pub-style parmy can be whipped up from the comfort of your kitchen.



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

**Pantry items** 

# Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Oven tray lined with baking

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
plain flour*	1 tbs	2 tbs
egg*	1	2
herb crumbing mix	1 medium packet	1 large packet
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
passata	½ packet	1 packet
Cheddar cheese	1 medium packet	1 large packet
apple	1	2
tomato	1	2
carrot	1	2
spinach & rocket mix	1 medium packet	2 medium packets
vinegar* (white wine or balsamic)	drizzle	drizzle
chilli flakes (optional) 🌶	pinch	pinch
Cheddar cheese**	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2088kJ (499Cal)	407kJ (97Cal)
Protein (g)	49.6g	9.7g
Fat, total (g)	18.2g	3.5g
- saturated (g)	6.6g	1.3g
Carbohydrate (g)	33.9g	6.6g
- sugars (g)	19.2g	3.7g
Sodium (mg)	996mg	194mg
Dietary Fibre (g)	6.6g	1.3g
Oueten Desire		

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2432kJ (581Cal)	456kJ (109Cal)
Protein (g)	54.5g	10.2g
Fat, total (g)	25.3g	4.7g
- saturated (g)	10.9g	2g
Carbohydrate (g)	34.1g	6.4g
- sugars (g)	19.4g	3.6g
Sodium (mg)	1140mg	214mg
Dietary Fibre	6.7g	1.3g

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





## Crumb the chicken

- Preheat oven to 220°C/200°C fan-forced.
- In a shallow bowl, combine the plain flour and a pinch of salt. In a second shallow bowl, whisk the egg. In a third shallow bowl, place herb crumbing mixture.
- Coat chicken tenderloins in flour mixture, followed by the egg and finally in the crumbing mixture. Set aside on a plate.



## Make the salad

- Meanwhile, thinly slice apple and tomato into wedges.
- Grate carrot.
- In a large bowl, combine apple, tomato, carrot, spinach & rocket mix, a drizzle of vinegar and olive oil. Season to taste.



## Cook the chicken

- Heat a large frying pan over medium-high heat with enough olive oil to cover the base.
- When oil is hot, cook chicken until golden, 2-3 minutes each side. Transfer chicken to a lined oven tray.
- Top each piece of **chicken** with **passata (see ingredients)**, then sprinkle with **Cheddar cheese**.
- Bake until cheese is melted and chicken is cooked through (when no longer pink inside), 8-10 minutes.

**Custom Recipe:** If you've doubled your Cheddar cheese, sprinkle extra cheese over the chicken as above.



# Serve up

- Divide classic chicken parmigiana tenders between plates.
- Sprinkle over chilli flakes (if using).
- Serve with apple, tomato and rocket salad. Enjoy!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate