



# Classic Chicken Parmigiana Tenders









with Apple, Tomato & Rocket Salad

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol




-  Herb Crumbing Mix
-  Chicken Tenderloins
-  Passata
-  Cheddar Cheese
-  Apple
-  Tomato
-  Carrot
-  Spinach & Rocket Mix
-  Chilli Flakes (Optional)
-  Cheddar Cheese

### 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

 Carb Smart

 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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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

## 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
<b>olive oil*</b>	refer to method	refer to method
<b>plain flour*</b>	1 tbs	2 tbs
<b>egg*</b>	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
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
chilli flakes (optional) 🌶️	pinch	pinch
Cheddar cheese**	1 medium packet	1 large packet

\*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

### 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](https://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



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## 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.

3



## 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.

2



## 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.

4



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)