



# Herby Chicken Parmigiana

with Apple, Tomato & Rocket Salad

FEEL-GOOD TAKEAWAY

HELLOHERO

CLIMATE SUPERSTAR

Grab your meal kit  
with this number

40



Chicken Breast



Herb Crumbing  
Mix



Tomato Sugo



Cheddar Cheese



Apple



Tomato



Carrot



Spinach & Rocket  
Mix



Chilli Flakes  
(Optional)



Diced  
Bacon



Chicken  
Breast



Cheddar  
Cheese

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



Carb Smart



Eat Me Early



Protein Rich

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.



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Air fryer or large frying pan and oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chicken breast	330g	660g
<b>plain flour*</b>	1 tbs	2 tbs
<b>egg*</b>	1	2
herb crumbing mix	1 medium packet	2 medium packets
tomato sugo	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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2290kJ (548Cal)	470kJ (113Cal)
Protein (g)	52g	10.7g
Fat, total (g)	18.7g	3.8g
- saturated (g)	6g	1.2g
Carbohydrate (g)	42.7g	8.8g
- sugars (g)	16.1g	3.3g
Sodium (mg)	1130mg	232g
Dietary Fibre (g)	5.7g	1.2g

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

2025 | CW21



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## Crumb the chicken

- Place **chicken breast** between two sheets of baking paper. Pound with a meat mallet (or rolling pin) until about 1cm-thick.
- 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** and combine with **olive oil** (1 tbs for 2 people / 2 tbs for 4 people).
- Dip **chicken** into the **flour mixture** to coat, then into the **egg** and finally into the **breadcrumbs**. Set aside on a plate.

3



## Make the salad

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

2



## Cook the chicken

- Set air fryer to **200°C**. Place **crumbed chicken** into a foil-lined air fryer basket and cook, until golden, **6-8 minutes** (cook in batches if needed).
- Flip **chicken** and top each piece with **tomato sugo** (see ingredients), then sprinkle with **Cheddar cheese**. Return to air fryer and cook until cheese is melted and chicken is cooked through (when no longer pink inside), **6-8 minutes**.

**TIP:** No air fryer? Preheat oven to 220°C/200°C fan-forced. Heat a large frying pan over medium-high heat with enough olive oil to cover the base. Cook chicken until golden, 2-3 minutes each side. Transfer chicken to a lined oven tray. Top each piece of chicken with cheesy tomato topping as above. Bake chicken, until cooked through, 8-10 minutes.

4



## Finish & serve

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

### CUSTOM OPTIONS



#### DICED BACON:

Cook, breaking up with a spoon, until golden, 4-5 minutes.



#### CHICKEN BREAST:

Follow method above, cooking in batches if necessary.



#### CHEDDAR CHEESE:

Follow method above.

SCAN CODE FOR  
FULL STEPS AND  
NUTRITION INFO

