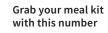


Herby Chicken Parmigiana with Apple, Tomato & Rocket Salad

FEEL-GOOD TAKEAWAY

HELLOHERO

CLIMATE SUPERSTAR









Herb Crumbing



Tomato Sugo













Apple



Carrot



Spinach & Rocket



(Optional)









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.

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chicken breast	330g	660g
plain flour*	1 tbs	2 tbs
egg*	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
vinegar* (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



Finish & serve

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





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

