



Baked Chicken Parmigiana

with Sweet Potato Fries & Garden Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Basil



Tomato



Passata



Sweet Potato



Chicken Breast



Shredded Cheddar Cheese



Panko Breadcrumbs



Spinach & Rocket Mix

Hands-on: **30-40 mins**
Ready in: **45-55 mins**

Eat me early

Who doesn't love a good parmigiana? That chicken and cheese combo sure is easy to love. Paired with sweet potato fries and a crisp salad, we bet this will be a real favourite around the table tonight.

Pantry items

Olive Oil, Brown Sugar, Butter, Plain Flour, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Small saucepan · Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	1 clove	2 cloves
basil	1 punnet	1 punnet
tomato	1	2
passata	1 box (200g)	2 boxes (400g)
salt* (for the sauce)	¼ tsp	½ tsp
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
sweet potato	2	4
chicken breast	1 small packet	1 large packet
plain flour*	1 tbs	2 tbs
salt* (for the chicken)	¼ tsp	½ tsp
egg*	1	2
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
panko breadcrumbs	1 packet	2 packets
spinach & rocket mix	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3390kJ (810Cal)	448kJ (107Cal)
Protein (g)	53.1g	7g
Fat, total (g)	34.4g	4.5g
- saturated (g)	15.2g	2g
Carbohydrate (g)	66.2g	8.7g
- sugars (g)	24.6g	3.2g
Sodium (mg)	1082mg	143mg

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.



1 Make the parmigiana sauce

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion** and **garlic**. Pick and tear the **basil** leaves. Roughly chop the **tomato**. In a small saucepan, heat a drizzle of **olive oil** over a medium heat. Add the **onion** and cook until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **passata**, **salt (for the sauce)**, **brown sugar** and **butter** and stir to combine. Reduce the heat to low and simmer, stirring occasionally, until thickened, **3-4 minutes**. Remove from the heat and set aside.



4 Cook the chicken

Heat enough **olive oil** to coat the base of a large frying pan over a medium-high heat. When the oil is hot, add the **chicken** and cook until golden, **2-3 minutes** each side. Transfer the **chicken** to an oven tray lined with baking paper. Top each piece with the **parmigiana sauce**, then sprinkle with the **shredded Cheddar cheese** and 1/2 the **basil**. Bake until the cheese melts and the chicken is cooked through, **8-10 minutes**.

TIP: Chicken is cooked through when it is no longer pink inside.



2 Bake the sweet potato fries

Cut the **sweet potato** (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.

TIP: Cut the sweet potato to size so it cooks in time.



5 Make the salad

In a medium bowl, combine the **tomato** and **spinach & rocket mix**. Just before serving, add a drizzle of **olive oil** and **balsamic vinegar** and toss to coat.



3 Crumb the chicken

While the sweet potato is baking, place the **chicken breast** between two sheets of baking paper and pound using a meat mallet (or rolling pin) until about 2cm thick. In a shallow bowl, combine the **plain flour**, **salt (for the chicken)** and season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** into the flour, followed by the **egg** and finally in the **breadcrumbs**. Transfer to a plate.



6 Serve up

Divide the baked chicken parmigiana between plates and serve with the sweet potato fries and garden salad. Garnish with the remaining basil.

Enjoy!