



# Baked Chicken Parmigiana

with Fries & Garden Salad

Grab your Meal Kit  
with this symbol



Onion



Garlic



Passata



Potato



Chicken Breast



Panko Breadcrumbs



Grated Parmesan  
Cheese



Tomato



Mixed Leaves



Herbs

Prep in: **30-40** mins  
Ready in: **45-55** mins

Eat Me Early

Who doesn't love a good parmi? That chicken and cheese combo is hard to beat. Paired with fries and a crisp salad, we bet this will be a real favourite around the table tonight. You can even get the kids involved - keep an eye out for our 'Little Cooks' tips!

## Pantry items

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

## 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
onion	1	2
garlic	1 clove	2 cloves
passata	1 box	2 boxes
salt (for the sauce)*	¼ tsp	½ tsp
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
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
panko breadcrumbs	1 medium packet	1 large packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
tomato	1	2
balsamic vinegar*	drizzle	drizzle
mixed leaves	1 medium bag	1 large bag
herbs	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3262kJ (780Cal)	435kJ (104Cal)
Protein (g)	55.2g	7.4g
Fat, total (g)	30.5g	4.1g
- saturated (g)	14.4g	1.9g
Carbohydrate (g)	66g	8.8g
- sugars (g)	25g	3.3g
Sodium (mg)	1073mg	143mg

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.

1



## Make the parmigiana sauce

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

**Little cooks:** Don your goggles and have a go at peeling off the onion's outer layer!

4



## Cook the chicken

In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat. When oil is hot, cook crumbed **chicken** until golden, **2-3 minutes** each side. Transfer to a second lined oven tray. Top **chicken** with **parmigiana sauce**, then sprinkle with **grated Parmesan cheese**. Bake until cheese is melted and chicken is cooked through, **8-10 minutes**.

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

2



## Bake the fries

Cut **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.

5



## Make the salad

Roughly chop **tomato**. In a medium bowl, combine a drizzle of **olive oil** and **balsamic vinegar**. Season, then add **tomato** and **mixed leaves**. Toss to coat.

3



## Crumb the chicken

While the fries are baking, place **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm. In a shallow bowl, combine the **plain flour**, **salt (for the chicken)** and a generous pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**. Dip **chicken** into the **flour**, followed by the **egg** and finally in the **breadcrumbs**. Set aside on a plate.

**Little cooks:** Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients so you don't end up with sticky fingers.

6



## Serve up

Divide the baked chicken parmigiana, fries and garden salad between plates. Tear over **herb** leaves to serve.

**Little cooks:** Add the finishing touch by sprinkling over the herbs!

## Enjoy!

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