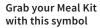


Baked Chicken Parmigiana

with Fries & Garden Salad















Passata

Potato





Chicken Breast

Panko Breadcrumbs





Grated Parmesan Cheese

Tomato







Mixed Leaves

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



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 \cdot Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

9			
	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)*	1/4 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)*	1/4 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



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.



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.



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.



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.



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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