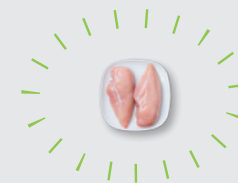




CHICKEN PARMIGIANA

with Carrot & Mesclun Salad



Cook a chicken
parmigiana at home



Carrot



Garlic



Oregano



Mozzarella Cheese



Free-Range Chicken
Breast



Panko Breadcrumbs



Diced Tomato



Mixed Salad Leaves



Roma Tomato

Pantry Staples: Olive Oil, Plain Flour, Egg, Salt,
Balsamic Vinegar

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

1 Eat Me Early

Why head to the pub when you can create this nostalgic Aussie classic right in your kitchen? There's not much to analyse here: just good old fashioned tasty, gooey chicken parmy.

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **garlic crusher**, **box grater**, **baking paper**, **mallet** or **rolling pin**, **three shallow bowls**, **fork**, **two plates**, **medium frying pan**, **tongs**, **paper towel**, **medium baking dish**, **chef's knife**, **chopping board** and a **medium bowl**.



1 GET PREPPED

Peel and crush the **garlic**. Pick the **oregano** leaves and roughly chop. Grate the **Mozzarella cheese**.



2 TENDERISE THE CHICKEN

Place the **free-range chicken breast** between two sheets of baking paper. Pound the chicken with a mallet or rolling pin until it's an even thickness, about 2 cm thick. **TIP:** *Pounding the chicken breaks down the fibres and allows for faster cooking. It's an important step to ensure your chicken cooks evenly in step 4.*



3 CRUMB THE CHICKEN

In the first shallow bowl, combine the **plain flour** and a **pinch of salt and pepper**. In the second shallow bowl, crack the **egg** and whisk with a fork. In the third shallow bowl, add the **panko breadcrumbs**. Season the **chicken breast** with a **pinch of salt and pepper** on each side, then dip into the flour mixture, followed by the egg and finally the breadcrumbs. Set aside on a plate, ready to fry.



4 ASSEMBLE THE PARMIGIANA

Preheat the grill to **high**. Heat enough **olive oil** to coat the base of a medium frying pan. Once hot, add the crumbed **chicken** and cook for **2-3 minutes** on each side, or until cooked through. Set aside on a plate lined with paper towel to soak up excess oil. In a medium bowl, combine the **diced tomato**, **garlic** and **salt (use suggested amount)**. Spread **1/2** of the **tomato mixture** over the base of a medium baking dish. Place the crumbed chicken on top, then spoon over the remaining tomato mixture and sprinkle with the **oregano** and **Mozzarella**.



5 MAKE THE SALAD

Place the parmigiana under the grill for **5-10 minutes**, or until the cheese has melted. While the chicken is grilling, grate the **carrot** (unpeeled) and dice the **Roma tomato** into 2 cm cubes. In a medium bowl, combine the carrot, tomato and **mixed salad leaves** with a **drizzle of olive oil** and the **balsamic vinegar**. **TIP:** *Toss the salad just before serving to avoid soggy leaves. Season to taste with a pinch of salt and pepper.*



6 SERVE UP

Divide the chicken parmigiana between plates and serve the carrot and mesclun salad on the side.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
oregano	1 bunch	1 bunch
Mozzarella cheese	1 block (50 g)	1 block (100 g)
free-range chicken breast	1 packet	1 packet
plain flour*	2 tbs	4 tbs
egg*	1	2
panko breadcrumbs	1 packet (1 cup)	2 packets (2 cups)
diced tomato	1 tin (400 g)	2 tins (800 g)
salt*	¼ tsp	½ tsp
carrot	1	2
Roma tomato	1	2
mixed salad leaves	1 bag	1 bag
balsamic vinegar*	2 tsp	1 tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2400kJ (574Cal)	372kJ (89Cal)
Protein (g)	55.4g	8.6g
Fat, total (g)	19.5g	3.0g
- saturated (g)	8.0g	1.2g
Carbohydrate (g)	39.6g	6.1g
- sugars (g)	12.2g	1.9g
Sodium (g)	370mg	57mg

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