



Chicken Parmigiana with Garlic-Herb Potatoes

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3111kJ (743Cal) | Protein 44.5g | Fat, total 28.1g - saturated 8.8g | Carbohydrate 73.3g - sugars 8.7g | Sodium 1737mg

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2020 | WK45 | V

Get ready

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'll need

(along with the basics)



Large Frying Pan

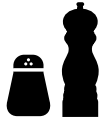


Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Crumbed Chicken Tenderloins	1 pkt	2 pkts
Shredded Cheddar Cheese	1 pkt (50g)	1 pkt (100g)
Roasted Potatoes with Garlic Herb Butter	1 pkt	2 pkts

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. Sizzle



Crumbed Chicken Tenderloins



Tomato Sugo



Shredded Cheddar Cheese

2. Toss



Tomato



Cucumber



Mixed Salad Leaves



Balsamic Vinaigrette Dressing

3. Zap



Roasted Potatoes with Garlic Herb Butter

- Heat **olive oil** in a frying pan over medium-high heat
- Cook **chicken** until golden and cooked through, **3-4 mins** each side
- Top **chicken** with **sugo** and **sprinkle** with **cheese**
- Turn off the heat, cover, and let cheese melt

- Meanwhile, chop **tomato** and **cucumber**
- Grab a bowl. Combine **salad mix**, **tomato** and **cucumber**
- Add **dressing**, toss and **season**

- Prick a few holes in **potato** container. Zap **potatoes** in microwave until soft and steaming, **4-5 mins**
- Plate up **chicken**, **potatoes** and **salad**

