



# Classic Chicken Parmigiana

with Garden Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Cherry Tomatoes



Passata



Chicken Breast



Panko Breadcrumbs



Shredded Cheddar Cheese



Mixed Salad Leaves



Parsley

Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

Eat me early

Why go out for this nostalgic pub classic when you can create it right in your own kitchen? There's not much to analyse here – just good old-fashioned tasty, gooey chicken parmy. This one beats the pub meal, any day!

### Pantry items

Olive Oil, Brown Sugar, Butter, Plain Flour, Egg, Vinegar (White Wine or Balsamic), Honey

## 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 · Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
garlic	1 clove	2 cloves
cherry tomatoes	1 punnet	2 punnets
passata	1 box	2 boxes
salt* (for the sauce)	¼ tsp	½ tsp
brown sugar*	½ tsp	1 tsp
butter*	10g	20g
chicken breast	1 small packet	1 large packet
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 packet	2 packets
shredded Cheddar cheese	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	½ tbs	1 tbs
honey*	1 tsp	2 tsp
mixed salad leaves (60g)	1 bag	1 bag (120g)
parsley	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2828kJ (675Cal)	512kJ (122Cal)
Protein (g)	52.9g	9.6g
Fat, total (g)	33.5g	6.1g
- saturated (g)	12.4g	2.2g
Carbohydrate (g)	38.4g	7g
- sugars (g)	14.1g	2.6g
Sodium (mg)	780mg	141mg

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.



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion** (see ingredients) and **garlic**. Halve the **cherry tomatoes**.



## Cook the chicken

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

**TIP:** Chicken is cooked through when it's no longer pink inside. Keep any leftover tomato sauce to use on pasta or pizza!



## Make the sauce

Heat a drizzle of **olive oil** in a small saucepan over a medium heat. Cook the **onion** 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**. Stir to combine. Reduce the heat to low and simmer for **5 minutes**.



## Make the salad

While the chicken is cooking, combine the **vinegar**, **honey** and a drizzle of **olive oil** in a medium bowl. Add the **mixed salad leaves** and **cherry tomatoes** and toss to coat. Season with **salt** and **pepper**.



## Crumb the chicken

While the sauce is simmering, 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** and a generous pinch of **salt** and **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.



## Serve up

Roughly chop the **parsley**. Divide the chicken parmesan between plates and serve with the garden salad. Garnish with the parsley.

Enjoy!