



# Parmesan & Mustard Crusted Chicken

with Roast Veggie Toss & Dill-Parsley Mayo

Grab your Meal Kit  
with this symbol



Sweet Potato



Zucchini



Beetroot



Garlic



Grated Parmesan  
Cheese



Panko  
Breadcrumbs



Chicken Breast



Dijon Mustard



Baby Spinach  
Leaves



Dill & Parsley  
Mayonnaise

Hands-on: **20-30** mins  
Ready in: **35-45** mins

Low Calorie

Eat me early

You think you know crumbed chicken? Think again! With Dijon mustard and Parmesan in the mix, it goes from tasty to totally irresistible. Sitting on a bed of sweet roasted vegetables and with herbed mayo for extra creamy deliciousness, you'll be talking about this long after you've scooped up the last delicious crumbs.

## Pantry items

Olive Oil, 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

Two oven trays lined with baking paper

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
zucchini	1	2
beetroot	1	2
garlic	1 clove	2 cloves
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
panko breadcrumbs	½ packet	1 packet
chicken breast	1 packet	1 packet
Dijon mustard	1 tub (15g)	1 tub (40g)
balsamic vinegar*	2 tsp	1 tbs
baby spinach leaves	1 bag (60g)	1 bag (120g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2250kJ (538Cal)	373kJ (89Cal)
Protein (g)	51.1g	8.5g
Fat, total (g)	14.9g	2.5g
- saturated (g)	5.9g	1.0g
Carbohydrate (g)	44.6g	7.4g
- sugars (g)	17.6g	2.9g
Sodium (g)	427mg	71mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 2cm chunks. Cut the **zucchini** into 1cm rounds. Cut the **beetroot** (unpeeled) into 1cm chunks. Place the **sweet potato, zucchini** and **beetroot** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season generously with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.

**TIP:** Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.



### 4. Cook the chicken

Spread the **Dijon mustard** over the top of the **chicken**. Spoon the **Parmesan-panko mixture** over the **mustard**, pressing down lightly with the back of a spoon so it sticks to the **chicken**. Bake until the crust is golden and the chicken is cooked through, **12-15 minutes**.

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



### 2. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). In a small bowl, combine the **garlic, grated Parmesan cheese, panko breadcrumbs** (see ingredients list) and **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**). Season with **salt** and **pepper** and mix well.



### 5. Bring it all together

In a large bowl, combine the **balsamic vinegar** and a **drizzle** of **olive oil**. When the **roasted veggies** are done, allow to cool slightly, then add to the dressing along with the **baby spinach leaves**. Toss to coat.



### 3. Prep the chicken

Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they're an even thickness, about 2cm thick. Season the **chicken** on both sides with **salt** and **pepper** and place on a second oven tray lined with baking paper.



### 6. Serve up

Divide the roast veggie toss between plates and top with the Parmesan and mustard crusted chicken. Serve with the **dill & parsley mayonnaise**.

**TIP:** For the low-calorie option, serve without the dill & parsley mayonnaise.

**Enjoy!**