



CLASSIC CHICKEN PARMIGIANA

with Garden Salad



Cook a classic
parmigiana at home!



Brown Onion



Garlic



Basil



Cucumber



Cherry Tomatoes



Crushed & Sieved
Tomatoes



Chicken Breast



Panko Breadcrumbs



Shredded
Cheddar Cheese



Mixed
Salad Leaves

Hands-on: 25 mins
Ready in: 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's going straight to the pool room!

Pantry Staples: Olive Oil, Brown Sugar, Butter, Plain Flour, Eggs, Vinegar (White Wine Or Balsamic), Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **small saucepan** • **large frying pan** • **oven tray** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick and tear the **basil** leaves. Thinly slice the **cucumber** into half-moons. Halve the **cherry tomatoes**.



2 MAKE THE PARMIGIANA SAUCE

In a small saucepan, heat a **drizzle** of **olive oil** over a medium heat. Add the **onion** and cook until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **crushed & sieved tomatoes**, **salt (for the sauce)**, **brown sugar** and **butter** and stir to combine. Reduce the heat to low and simmer for **5 minutes**, or until needed in step 4.



3 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**, **salt (for the chicken)** and a **generous pinch** of **pepper**. In a second shallow bowl, whisk the **eggs**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** into the seasoned **flour**, followed by the **egg** and finally in the **breadcrumbs**. Set aside on a plate.



4 COOK THE CHICKEN

Heat enough **olive oil** to coat the base of a large frying pan over a medium-high heat. When the oil is hot, add the **chicken** and cook until golden, **2 minutes** each side. Transfer the chicken to an oven tray lined with baking paper. Top each piece with two spoonfuls of **parmigiana sauce**, then sprinkle with **1/2** the **basil** and the **shredded Cheddar cheese**. Bake until the cheese melts and the chicken is cooked, **8-10 minutes**. **TIP:** *Chicken is cooked when it is no longer pink inside.*



5 MAKE THE SALAD

While the chicken is cooking, combine the **vinegar**, **honey** and **2 tbs** of **olive oil** in a medium bowl. Add the **mixed salad leaves**, **cucumber** and **cherry tomatoes** and toss to coat. Season to taste with salt and pepper. **TIP:** *Toss the salad just before serving to keep the leaves crisp.*



6 SERVE UP

Divide the chicken parmigiana between plates and serve with the garden salad. Garnish with the remaining basil.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	2 cloves
basil	1 bunch
cucumber	1
cherry tomatoes	1 punnet
crushed & sieved tomatoes	1 tin (400g)
salt* (for the sauce)	½ tsp
brown sugar*	1 tsp
butter*	20g
chicken breast	1 packet
plain flour*	2 tbs
salt* (for the chicken)	¼ tsp
eggs*	2
panko breadcrumbs	2 packets
shredded Cheddar cheese	1 packet (100g)
vinegar* (white wine or balsamic)	4 tsp
honey*	2 tsp
mixed salad leaves	1 bag (120g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2770kJ (661Cal)	481kJ (115Cal)
Protein (g)	51.7g	9.0g
Fat, total (g)	32.5g	5.7g
- saturated (g)	13.4g	2.3g
Carbohydrate (g)	37.2g	6.5g
- sugars (g)	13.3g	2.3g
Sodium (g)	782mg	136mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

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