



Chicken & Mozzarella Parmigiana

with Fries & Celery Slaw

KID FRIENDLY



Grab your Meal Kit with this symbol



Potato



Celery



Carrot



Mozzarella



Chicken Breast



Fine Breadcrumbs



Aussie Spice Blend



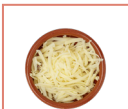
Tomato Paste



Shredded Cabbage Mix



Mayonnaise



Shredded Cheddar Cheese

Prep in: 30-40 mins
Ready in: 35-45 mins

One order of classic chicken parmigiana with special cheese. That's right, the special touch is the mozzarella, baked on top of tomato sauce to make a layer of irresistible flavour. It will quickly become the new special dish, so prepare for rush hour!

Eat Me Early

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
celery	1 stalk	2 stalks
carrot	½	1
mozzarella	½ packet	1 packet
chicken breast	1 packet	1 packet
plain flour*	2 tbs	¼ cup
egg*	1	2
fine breadcrumbs	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
water*	¼ cup	½ cup
shredded cabbage mix	1 bag (150g)	1 bag (300g)
vinegar* (white wine or balsamic)	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
shredded Cheddar cheese**	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3572kJ (854Cal)	532kJ (127Cal)
Protein (g)	55g	8.2g
Fat, total (g)	37.8g	5.6g
- saturated (g)	13.3g	2g
Carbohydrate (g)	73g	10.9g
- sugars (g)	20g	3g
Sodium (mg)	1165mg	173mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3930kJ (939Cal)	568kJ (136Cal)
Protein (g)	59.7g	8.6g
Fat, total (g)	45.3g	6.5g
- saturated (g)	17.8g	2.6g
Carbohydrate (g)	73g	10.5g
- sugars (g)	20g	2.9g
Sodium (mg)	1304mg	188mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW26

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly and bake until tender, **20-25 minutes**.

Custom Recipe: If you've added shredded Cheddar cheese to your meal, when the fries have 5 minutes remaining, remove from oven, sprinkle with shredded Cheddar and continue baking until golden and crisp.

4



Cook the chicken

- Wipe out the frying pan, then return to medium-high heat with enough **olive oil** to cover the base.
- Cook crumbed **chicken** in batches until golden and cooked through, **2-4 minutes** each side.

TIP: Add extra oil if needed so the schnitzel doesn't stick to the pan.

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

2



Get prepped

- Meanwhile, thinly slice **celery**. Grate **carrot** (see ingredients). Slice **mozzarella** (see ingredients).
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **fine breadcrumbs** and **Aussie spice blend**.
- Coat **chicken** first in the **flour**, followed by the **egg** and finally in the **breadcrumb mixture**. Transfer to a plate.

Little cooks: Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers.

5



Bring it all together

- Transfer **chicken schnitzels** to a second lined oven tray.
- Spoon **tomato sauce** over each piece of **chicken**, then top with **mozzarella**. Bake until cheese is golden and melted, **5-7 minutes**.
- Meanwhile, combine **celery**, **carrot**, **shredded cabbage mix** and a drizzle of **vinegar** and **olive oil** in a large bowl. Season to taste.

Little cooks: Kids can help to toss the slaw.

3



Make the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **tomato paste**, until fragrant, **1 minute**.
- Add the **brown sugar**, **butter** and the **water**, stirring, until combined. Simmer, until slightly thickened, **1-2 minutes**. Season to taste.
- Transfer to a bowl and set aside.

6



Serve up

- Divide chicken and mozzarella parmigiana, fries and celery slaw between bowls.
- Serve with a dollop of **mayonnaise**. Enjoy!

Rate your recipe

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