



Cheesy Chicken Parmigiana

with Bacon-Loaded Wedges & Apple Salad

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Diced Bacon



Crushed & Sieved Tomatoes



Chicken Breast



Aussie Spice Blend



Panko Breadcrumbs



Grated Parmesan Cheese



Apple



Baby Spinach Leaves



Diced Bacon

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

Chicken parmigiana is a fan favourite that everyone will be excited about. How about adding a little twist to really get those cheers of excitement going, like adding a side of bacon wedges? Three cheers for the chicken parmigiana!

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

Pantry items

Olive Oil, Butter, Brown Sugar, Egg, Balsamic Vinegar

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 · Small saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
diced bacon	1 packet	1 packet
crushed & sieved tomatoes	½ tin	1 tin
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
chicken breast	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
apple	1	2
balsamic vinegar*	drizzle	drizzle
baby spinach leaves	1 medium bag	1 large bag
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3488kJ (834Cal)	447kJ (107Cal)
Protein (g)	61.7g	7.9g
Fat, total (g)	33.1g	4.2g
- saturated (g)	14.6g	1.9g
Carbohydrate (g)	70.9g	9.1g
- sugars (g)	24.4g	3.1g
Sodium (mg)	2083mg	267mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4073kJ (973Cal)	490kJ (117Cal)
Protein (g)	69.7g	8.4g
Fat, total (g)	45.2g	5.4g
- saturated (g)	19g	2.3g
Carbohydrate (g)	70.9g	8.5g
- sugars (g)	24.4g	2.9g
Sodium (mg)	2482mg	299mg

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 | CW43



1



Bake the bacon & wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges, then place on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake for **15 minutes**.
- Remove tray from oven, then top wedges with **diced bacon**. Return tray to the oven and bake until tender and golden, **10-12 minutes**.

TIP: You may need to break up the bacon with your hands before adding to the tray!

Custom Recipe: If you've doubled your diced bacon, add it to the oven tray as above.

4



Bake the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. When oil is hot, cook **chicken** until golden, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray. Top each piece with the **tomato sauce**, then sprinkle over **grated Parmesan cheese**.
- Bake **chicken** until cheese has melted and chicken is cooked through, **8-12 minutes**.

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

2



Make the sauce

- Meanwhile, heat a small saucepan over medium heat with a drizzle of **olive oil**. Cook **crushed & sieved tomatoes (see ingredients)**, the **butter** and **brown sugar** and stir to combine.
- Reduce heat to low and simmer, stirring occasionally, until thickened, **3-4 minutes**. Remove from heat, season to taste and set aside.

3



Crumb the chicken

- While the sauce is simmering, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine **Aussie spice blend** and a generous pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **chicken** first in the **spice blend**, followed by the **egg** and finally the **breadcrumbs**. Transfer to a plate.

Little cooks: Help with cracking and whisking the egg.

5



Make the salad

- While the chicken is baking, thinly slice **apple**.
- In a large bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Add **apple** and **baby spinach leaves**, toss to coat and season to taste.

Little cooks: Help with prepping and tossing the salad.

6



Serve up

- Divide cheesy chicken parmigiana and bacon potato wedges between plates.
- Serve with apple salad. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate