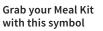


Homey Baked Chicken Parmigiana

with Oven-Baked Fries & Garlicky Veggies

KID FRIENDLY

CLIMATE SUPERSTAR

















Garlic & Herb

Seasoning

Tinned Tomato





Chicken Breast





Shredded Cheddar Cheese



Baby Broccoli





Pantry items

Flour, Egg

Olive Oil, Brown Sugar, Butter, Plain

Recipe Update Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins Ready in: 40-50 mins 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 trophy room!



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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 · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 cloves	2 cloves
herbs	1 packet	1 packet
kale	1 large bag	2 large bags
tinned tomatoes	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
chicken breast	1 small packet	2 small packets OR 1 large packet
plain flour*	1 tbs	2 tbs
salt*	1/4 tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
baby broccoli	1 bag	1 bag
diced bacon**	1 packet	1 packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3008kJ (718Cal)	442kJ (105Cal)
Protein (g)	54.4g	8g
Fat, total (g)	25.3g	3.7g
- saturated (g)	12.4g	1.8g
Carbohydrate (g)	67g	9.8g
- sugars (g)	13.7g	2g
Sodium (mg)	1360mg	200mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3593kJ (858Cal)	491kJ (117Cal)
Protein (g)	62.4g	8.5g
Fat, total (g)	37.5g	5.1g
- saturated (g)	16.9g	2.3g
Carbohydrate (g)	67g	9.2g
- sugars (g)	13.8g	1.9g
Sodium (mg)	1759mg	241mg

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

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Bake the fries

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



Make the sauce

- Meanwhile, finely chop garlic. Roughly chop herbs and kale.
- Heat a medium saucepan over medium heat. Cook tinned tomatoes, garlic & herb seasoning, the brown sugar and butter and simmer, stirring occasionally, 3-4 minutes.
 Remove from heat and set aside.

Custom Recipe: If you've added diced bacon to your meal, add bacon to the saucepan along with the tinned tomatoes. Continue with step.



Crumb the chicken

- Meanwhile, 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 salt. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Coat chicken first in flour mixture, followed by the egg and finally the breadcrumbs. Set aside on a plate.



Cook 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, 2-3 minutes each side.
- Transfer chicken to a second lined oven tray. Top each piece of crumbed chicken with the tomato sauce, then sprinkle with herbs (reserve some for garnish!) and shredded Cheddar cheese.
- Bake until cheese is melted and chicken is cooked through, 4-6 minutes.



Cook the veggies

- While the chicken is cooking, wipe out the frying pan and return to medium-high heat with a drizzle of olive oil. When oil is hot, cook baby broccoli until softened, for 3-4 minutes.
- Add garlic and kale and cook, until fragrant,
 2-3 minutes.



Serve up

- Divide chicken parmigiana, fries and garlicky veggies between plates.
- Garnish with herbs to serve. Enjoy!



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