



Homey Baked Chicken Parmigiana

with Oven-Baked Fries & Garlicky Veggies

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic



Herbs



Kale



Tinned Tomato



Garlic & Herb Seasoning



Chicken Breast



Panko Breadcrumbs



Shredded Cheddar Cheese



Baby Broccoli



Diced Bacon

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

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 trophy room!

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

Pantry items

Olive Oil, Brown Sugar, Butter, Plain Flour, Egg

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 clove	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*	¼ 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



1



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**.

4



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**.

2



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.

5



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**.

3



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.

6



Serve up

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

Rate your recipe

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