



# Classic Baked Chicken Parmigiana

with Hand-Cut Fries & Garlicky Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Garlic



Parsley



Baby Broccoli



Carrot



Tomato Sugo



Garlic & Herb Seasoning



Chicken Breast



Panko Breadcrumbs



Shredded Cheddar Cheese



Diced Bacon

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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
parsley	1 packet	1 packet
baby broccoli	1 medium bunch	2 medium bunches
carrot	1	2
tomato sugo	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
chicken breast	1 medium packet	2 medium packets OR 1 large packet
<b>plain flour*</b>	1 tbs	2 tbs
<b>salt*</b>	¼ tsp	½ tsp
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
diced bacon**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3034kJ (725Cal)	434kJ (104Cal)
Protein (g)	60.2g	8.6g
Fat, total (g)	23.4g	3.3g
- saturated (g)	11.8g	1.7g
Carbohydrate (g)	67.2g	9.6g
- sugars (g)	13.8g	2g
Sodium (mg)	1396mg	200mg
Dietary Fibre (g)	10.5g	1.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3619kJ (865Cal)	483kJ (115Cal)
Protein (g)	68.2g	9.1g
Fat, total (g)	35.5g	4.7g
- saturated (g)	16.3g	2.2g
Carbohydrate (g)	67.2g	9g
- sugars (g)	13.8g	1.8g
Sodium (mg)	1795mg	240mg
Dietary fibre	10.5g	1.4g

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](https://www.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**.

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 **parsley** (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 **parsley**.
- Halve any thicker stalks of **baby broccoli** lengthways. Thinly slice **carrot** into sticks.
- Heat a medium saucepan over medium heat. Cook **tomato sugo**, **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 tomato sugo. Continue with recipe.

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## 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** and **carrot** until softened, for **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1-2 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, oven-baked fries and garlicky veggies between plates.
- Garnish with reserved parsley to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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