

Classic Baked Chicken Parmigiana

with Hand-Cut Fries & Garlicky Veggies

KID FRIENDLY



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Parsley



Baby Broccoli





Carrot



Garlic & Herb Seasoning



Chicken Breast



Panko Breadcrumbs



Shredded Cheddar Cheese



Pantry items

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

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!

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
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
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
chicken breast	1 medium packet	2 medium 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 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		

Per 100g Avg Qty 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 13.8g 1.8g - sugars (g) 1795mg Sodium (mg) 240mg Dietary fibre 10.5g 1.4g

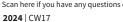
The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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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 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.



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 parsley (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 and carrot until softened, for 5-6 minutes.
- · Add garlic and cook until fragrant, 1-2 minutes.



Serve up

- Divide chicken parmigiana, oven-baked fries and garlicky veggies between plates.
- Garnish with reserved parsley to serve. Enjoy!



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