



# Chicken Parmigiana with Garlic-Herb Potatoes

**FRESH & FAST**

Box to plate: 15 mins

Eat Me Early

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2646kJ (632Cal) | Protein 44.1g | Fat, total 26.1g - saturated 10.3g | Carbohydrate 52.6g - sugars 11.1g | Sodium 1501mg  
**Calorie Smart** | The quantities provided above are averages only.

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2022 | WK08 | U

# Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You'll need

(along with the basics)



Large Frying Pan



Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
<b>Crumbed Chicken Breast Strips</b>	<b>1 pkt</b>	<b>1 pkt</b>
<b>Tomato Sugo</b>	<b>1 pkt</b> (200g)	<b>1 pkt</b> (400g)
<b>Shredded Cheddar Cheese</b>	<b>1 pkt</b> (50g)	<b>1 pkt</b> (100g)
<b>Roasted Potatoes with Garlic Butter</b>	<b>1 medium pkt</b>	<b>1 large pkt</b>

## Allergens

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

## 1. Sizzle



Crumbed Chicken Breast Strips



Tomato Sugo



Shredded Cheddar Cheese

## 2. Toss



Tomato



Cucumber



Mixed Salad Leaves



Balsamic & Olive Oil Dressing

## 3. Zap



Roasted Potatoes with Garlic Butter

- Heat frying pan over medium-high heat with enough **olive oil** to coat base of pan
- Cook **chicken** until golden and cooked through, **3-4 mins** each side
- Top **chicken** with **sugo** and sprinkle with **cheese**
- Remove from heat, cover and let cheese melt

- Roughly chop **tomato** and **cucumber**
- In a bowl, combine **salad leaves**, **tomato** and **cucumber**
- Add **dressing**. Season and toss

- Prick a few holes in potato packet
- Microwave **potatoes** until soft and steaming, **4-5 mins**
- Plate up **chicken**, **potatoes** and serve with **salad**

