

MEXICAN-STYLE CHICKEN PARMIGIANA

with Creamy Corn & Cos Salad







Garlic





Crushed & Sieved Tomatoes



Chicken Breast

Panko Breadcrumbs



Shredded Cheddar Cheese

Sweetcorn



Cos Lettuce



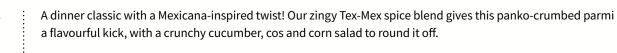
Cucumber

Lemon

Garlic Aioli

Pantry Staples: Olive Oil, Butter, Sugar, Plain Flour, Eggs

Hands-on: 40 mins Ready in: 50 mins Eat me early





START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use: • medium saucepan • large frying pan • oven tray lined with baking paper



MAKE THE SAUCE

SPICY! Tex-Mex is a mild spice blend, but if you or the kids are extra sensitive to heat, feel free to add less. Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Place a medium saucepan over a medium-high heat. Once hot, add the **butter**, **garlic**, **carrot** and the **Tex-Mex spice blend** and cook, stirring, until fragrant, **1 minute**. Add **1/2 tin** of **crushed & sieved tomatoes** and reduce the heat to medium. Simmer until slightly reduced, **3-4 minutes**. Season to taste with **salt**, **pepper** and **1/2** the **sugar**. Remove from the heat.



2 CRUMB THE CHICKEN Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm thick. In a shallow bowl, combine the **plain flour**, the **salt** and a **good pinch** of **pepper**. In a second shallow bowl, whisk the **eggs**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** into the seasoned **flour**, followed by the **egg** and finally in the **panko breadcrumbs**. Set aside on a plate.



COOK THE CHICKEN

Heat a large frying pan over a mediumhigh heat and add enough olive oil to coat the base of the pan. When the oil is hot, add
1/2 the crumbed chicken and cook, turning occasionally, until golden on the outside,
4-5 minutes. *TIP: Add extra oil if needed so the chicken doesn't stick to the pan.* Repeat with the remaining chicken. Transfer to an oven tray lined with baking paper. Top the chicken with a spoonful of the tomato mixture and the shredded Cheddar cheese. Bake until the cheese is melted and the chicken is cooked through, 6-8 minutes.



CHAR THE CORN

While the chicken is baking, drain the **sweetcorn**. Wash the frying pan and return to a high heat. When the pan is hot, add the **corn** kernels and cook, tossing, until lightly browned, **4-5 minutes**. *TIP: Cover the pan with a lid if the kernels are jumping out.* Set aside to cool slightly. Shred the **cos lettuce**. Roughly chop the **cucumber**. Zest the **lemon** to get a **pinch**, then cut in half.



TOSS THE SALAD

○ In a large bowl, combine a generous squeeze of lemon juice, the lemon zest, garlic aioli, the remaining 1 tsp of sugar and a generous pinch of salt and pepper. Add the cos lettuce, cucumber and charred corn to the bowl with the dressing and toss well to coat. *TIP:* Toss the salad just before serving to keep the leaves crisp.



6 Divide the Mexican-style chicken parmigiana between plates and serve the cos salad on the side.

ENJOY!

INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	4 cloves
carrot	1
butter*	40g
Tex-Mex spice blend	2 sachets
crushed & sieved tomatoes	½ tin (200g)
sugar*	2 tsp
chicken breast	1 packet
plain flour*	2½ tbs
salt*	1 tsp
eggs*	2
panko breadcrumbs	2 packets
shredded Cheddar cheese	1 packet (100g)
sweetcorn	1 tin
cos lettuce	1 head
cucumber	1
lemon	1
garlic aioli	1 tub (50g)

*Pantry Items

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NUTRITION	PER SERVING	PER 100G
nergy (kJ)	3850kJ (919Cal)	633kJ (151Cal)
Protein (g)	60.2g	9.9g
at, total (g)	38.8g	6.4g
saturated (g)	15.8g	2.6g
Carbohydrate (g)	77.4g	12.7g
sugars (g)	15.9g	2.6g
odium (g)	2150mg	354mg

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes**

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