

Mexican-Style Chicken Parmigiana

with Creamy Corn & Mixed Leaf Salad

Grab your Meal Kit with this symbol



Garlic



Carrot



Mexican Fiesta Spice Blend



Crushed & Sieved Tomatoes



Chicken Breast



Panko Breadcrumbs



Shredded Cheddar Cheese



Sweetcorn



Cucumber



Lemon



Mayonnaise



Mixed Salad Leaves

Hands-on: 30-40 mins
Ready in: 40-50 mins

Eat me early

Spicy (Mexican Fiesta spice blend)

A dinner classic with a Mexicana-inspired twist! Our zingy Mexican Fiesta spice blend gives this panko-crumbed parmi a flavourful kick, with a crunchy cucumber, mixed leaf and corn salad to round it off.

Pantry items

Olive Oil, Butter, Sugar, Plain Flour, Egg

Before you start

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 will need

Medium saucepan · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	½	1
butter*	20g	40g
Mexican Fiesta spice blend	1 sachet	1 sachet
crushed & sieved tomatoes	½ tin	1 tin
sugar*	2 tsp	4 tsp
chicken breast	1 packet	1 packet
plain flour*	1 tbs	2 tbs
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sweetcorn	½ tin	1 tin
cucumber	1 (medium)	1 (large)
lemon	½	1
mayonnaise	½ packet (20g)	1 packet (40g)
mixed salad leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3050kJ (728Cal)	502kJ (120Cal)
Protein (g)	53.1g	8.8g
Fat, total (g)	36.6g	6.0g
- saturated (g)	15.7g	2.6g
Carbohydrate (g)	41.8g	6.9g
- sugars (g)	15.2g	2.5g
Sodium (mg)	1860mg	306mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Make the sauce

SPICY! The spice blend is hot, use less if you're sensitive to heat. Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. Grate the **carrot** (see ingredients), unpeeled. Heat a medium saucepan over a medium-high heat. When the pan is hot, add the **butter, garlic, carrot** and **Mexican Fiesta spice blend** and cook, stirring, until fragrant, **1 minute**. Add the **crushed & sieved tomatoes** (see ingredients), then reduce the heat to medium and simmer until slightly reduced, **3-4 minutes**. Season to taste, then add 1/2 the **sugar**. Remove from the heat.



Char the corn

While the chicken is baking, drain the **sweetcorn** (see ingredients). Wipe out the frying pan and return to a high heat. When the pan is hot, add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Set aside. Roughly chop the **cucumber**. Zest the **lemon** to get a pinch, then slice into wedges. In a large bowl, combine a generous squeeze of **lemon juice**, the **lemon zest**, **mayonnaise** (see ingredients) and the remaining **sugar**. Season with **salt** and **pepper**.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

TIP: Taste and add more lemon juice if you think the dressing needs it.



Crumb the chicken

Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until it is 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 **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** into the **flour mixture**, followed by the **egg** and finally into the **panko breadcrumbs**. Transfer to a plate.



Toss the salad

Add the **mixed salad leaves**, **cucumber** and charred **corn** to the **creamy mayo dressing** and toss well to coat.



Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the crumbed **chicken**, turning occasionally, until golden, **4-5 minutes**. Transfer to an oven tray lined with baking paper. Top the **chicken** with the **tomato sauce** and the **shredded Cheddar cheese**. Bake until the cheese is melted and the chicken is cooked through, **6-8 minutes**.

TIP: Add extra oil if the chicken is sticking to the pan.

TIP: The chicken is cooked through when it's no longer pink in the centre.



Serve up

Divide the Mexican-style chicken parmigiana between plates and serve with the creamy corn and mixed leaf salad. Serve with any remaining lemon wedges.

Enjoy!