



Parmesan & Mustard Crumbed Chicken

with Roast Veggie Toss & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Parsnip



Peeled & Chopped Pumpkin



Garlic



Grated Parmesan Cheese



Panko Breadcrumbs



Chicken Breast



Dijon Mustard



Tomato



Baby Spinach Leaves



Dill & Parsley Mayonnaise

Hands-on: 20-30 mins
Ready in: 35-45 mins

Eat me early

With Dijon mustard and Parmesan in the mix, this crumbed chicken goes from tasty to totally irresistible. Sitting on a bed of sweet roasted veggies and with herbed mayo for extra creamy deliciousness, you'll be talking about this long after you've scooped up the final crumbs.

Pantry items

Olive Oil, Balsamic Vinegar

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

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
garlic	1 clove	2 cloves
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
panko breadcrumbs	½ packet	1 packet
chicken breast	1 packet	1 packet
Dijon mustard	1 packet (15g)	2 packets (30g)
tomato	1	2
balsamic vinegar*	½ tbs	1 tbs
baby spinach leaves	1 bag (30g)	1 bag (60g)
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2652kJ (633Cal)	484kJ (115Cal)
Protein (g)	48.6g	8.9g
Fat, total (g)	33.2g	6.1g
- saturated (g)	6.3g	1.1g
Carbohydrate (g)	33.6g	6.1g
- sugars (g)	16.1g	2.9g
Sodium (mg)	529mg	96mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **parsnip** (unpeeled) into 1cm chunks. Place the **peeled & chopped pumpkin** and **parsnip** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**. Set aside and allow to cool slightly.

TIP: Cut the parsnip to size so it cooks in time.



Prep the crumb

While the veggies are roasting, finely chop the **garlic**. In a small bowl, combine the **garlic**, **grated Parmesan cheese**, **panko breadcrumbs** (see ingredients) and a drizzle of **olive oil**. Season with **salt** and **pepper** and mix well. Set aside.



Prep 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 2cm thick. Season the chicken on both sides with **salt** and **pepper** and place on a second oven tray lined with baking paper.



Bake the chicken

Spread the **Dijon mustard** over the top of the **chicken**. Spoon the **Parmesan-panko crumb** over the mustard, pressing down lightly with the back of a spoon so it sticks to the chicken. Bake until the crust is golden and the chicken is cooked through, **12-15 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.



Make the roast veggie toss

While the chicken is baking, roughly chop the **tomato**. In a large bowl, combine the **balsamic vinegar** and a drizzle of **olive oil**. Add the slightly cooled roasted **veggies**, the **tomato** and **baby spinach leaves**. Gently toss to coat.



Serve up

Divide the roast veggie toss between plates and top with the Parmesan and mustard crumbed chicken. Serve with the **dill & parsley mayonnaise**.

Enjoy!