



SHEET PAN PARMESAN CHICKEN

with Roasted Green Beans & Garlic Bread

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Green Beans



1 TBSP | 2 TBSP
Fry Seasoning



10 oz | 20 oz
Chicken Cutlets



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 TBSP | 4 TBSP
Garlic Herb Butter
Contains: Milk



1 | 2
Demi-Baguette
Contains: Soy, Wheat



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



¼ Cup(s) | ½ Cup(s)
Panko Breadcrumbs
Contains: Wheat



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HELLO

PARMESAN CHICKEN

A Parmesan panko crust adds a layer of toasty flavor and oh-so-crispy texture to juicy chicken.



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 600



TOP-NOTCH TOPPER

Can't get enough of that topping?
Try sprinkling it over a side of Brussels sprouts during the last few minutes of roasting!

BUST OUT

- Small bowl
- Paper towels
- Baking sheet
- Kosher Salt
- Black Pepper
- Cooking Oil
- Olive Oil

MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP & MAKE TOPPING

- Adjust rack to middle position (**middle and top for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.** Trim **green beans** if necessary.
- In a small bowl, combine **panko**, **Parmesan**, **Fry Seasoning**, a **large drizzle of olive oil**, and a **pinch of salt and pepper**.



3 ROAST GREEN BEANS & CHICKEN

- Toss **green beans** on opposite side of sheet from **chicken** with a **drizzle of oil**, **salt**, and **pepper**. (**For 4 servings, toss green beans on a second sheet.**)
- Roast on middle rack until chicken is crispy and cooked through and green beans are tender and lightly browned at the edges, 12-15 minutes. (**For 4, roast chicken on middle rack and green beans on top rack.**) **TIP: Green beans may finish before chicken—if so, remove from oven and continue roasting chicken.**



2 COAT CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **salt** and **pepper**. Place on one side of a baking sheet (**for 4 servings, spread out across entire sheet**).
- Evenly brush tops of chicken cutlets with **sour cream**. Mound coated sides with **panko mixture**, pressing to adhere. Roast on middle rack for 5 minutes (**you'll add the green beans then**).



4 FINISH & SERVE

- Meanwhile, halve **baguette** lengthwise. When chicken has 5 minutes left, toast baguette in oven or toaster oven until lightly golden.
- Spread cut sides of baguette with **garlic herb butter**.
- Divide **chicken**, **green beans**, and **garlic bread** between plates. Serve.

*Poultry is fully cooked when internal temperature reaches 165°.