



BAKED CHICKEN PARMESAN

over Spaghetti Marinara



HELLO

PANKO BREADCRUMBS

These flaky Japanese-style breadcrumbs give chicken an irresistibly light and airy crunch.

PREP: 5 MIN | TOTAL: 40 MIN | CALORIES: 960



Yellow Onion



Panko Breadcrumbs
(Contains: Wheat)



Chicken Breasts



Spaghetti
(Contains: Wheat)



Mozzarella Cheese
(Contains: Milk)



Basil



Tuscan Heat
Spice



Sour Cream
(Contains: Milk)



Crushed Tomatoes

START STRONG

When making chicken Parm, be sure to season both the breadcrumbs and the meat separately before joining them together. This ensures each bite in the end is as evenly seasoned (and delicious) as the next.

BUST OUT

- Large pot
- Strainer
- Medium bowl
- Large pan
- Paper towels
- Kosher salt
- Baking sheet
- Black pepper
- Sugar (½ tsp | 1 tsp)
- Olive oil (5 tsp | 5 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Yellow Onion 1 | 1
- Basil ½ oz | 1 oz
- Panko Breadcrumbs ½ Cup | 1 Cup
- Tuscan Heat Spice 1 TBSP | 2 TBSP
- Chicken Breasts* 12 oz | 24 oz
- Sour Cream 2 TBSP | 2 TBSP
- Spaghetti 6 oz | 12 oz
- Crushed Tomatoes 13.76 oz | 27.52 oz
- Mozzarella Cheese ½ Cup | 1 Cup

* Chicken is fully cooked when internal temperature reaches 165 degrees.

WINE CLUB

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1 PREP

Preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Halve, peel, and mince **onion**. Pick **basil** leaves from stems; finely chop stems. Stack and roll up leaves; thinly slice crosswise into ribbons. In a medium bowl, combine **panko**, half the **Tuscan Heat Spice**, a large drizzle of **olive oil**, **salt**, and **pepper**.



4 COOK SAUCE

Meanwhile, heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **onion**, **basil stems**, and remaining **Tuscan Heat Spice**. Cook, stirring occasionally, until onion is softened, 3-5 minutes. Stir in **crushed tomatoes**, ½ tsp **sugar** (1 tsp for 4 servings), and ¼ **cup plain water** (½ cup for 4). Season generously with **salt** and **pepper**. Bring to a simmer, then reduce heat to low. Continue to cook until pasta is ready, then scoop out and reserve ½ **cup sauce** (1 cup for 4).

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2 ROAST CHICKEN

Pat **chicken** dry with paper towels and season with **salt** and **pepper**; place on a lightly **oiled** baking sheet. Brush tops of chicken with a thin layer of **sour cream** (you may have extra), then mound with **seasoned panko**, pressing to adhere (no need to coat the underside). Roast on top rack until chicken is browned and cooked through, 15-20 minutes.



5 TOSS PASTA

Add ¼ **cup reserved pasta cooking water**, **spaghetti**, and **2 TBSP butter** (3 TBSP for 4 servings) to pan with **sauce**; toss to combine. If necessary, add more reserved pasta cooking water ¼ cup at a time until saucy. Stir in half the **basil leaves**. Remove from heat.



3 COOK PASTA

Once water is boiling, add **spaghetti** to pot. Cook until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water** (2 cups for 4 servings), then drain.



6 FINISH AND SERVE

Once **chicken** is done, remove sheet from oven. Heat broiler to high or oven to 500 degrees. Sprinkle chicken with **mozzarella**; return to oven until cheese is melted, 2-4 minutes. Divide **spaghetti** between large bowls or plates. Top with **chicken** and **reserved sauce**. Sprinkle with remaining **basil leaves**.

EASY CHEESY

Next time, try adding grated Parmesan to your panko mixture for a cheesy crunch.

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