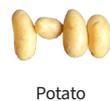


Baked Chicken Parmigiana

with Oven-Baked Fries

Grab your Meal Kit with this symbol 



Keep an eye out...
Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **30-40 mins**
 Ready in: **45-55 mins**

 Eat me early

Why go out for this nostalgic pub classic when you can create it right in your own kitchen? There's not much to analyse here – just good old-fashioned tasty, gooey chicken parmy. This one's going straight to the trophy room!

Pantry items

Olive Oil, Brown Sugar, Butter, 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

Small saucepan · Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
herbs	1 bunch	1 bunch
broccolini	1 bunch	1 bunch
carrot	1	2
crushed & sieved tomatoes	½ tin	1 tin
salt* (for the sauce)	¼ tsp	½ tsp
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
potato	2	4
chicken breast	1 packet	1 packet
plain flour*	1 tbs	2 tbs
salt* (for the chicken)	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3104kJ (741Cal)	414kJ (98Cal)
Protein (g)	57.1g	7.6g
Fat, total (g)	28.1g	3.7g
- saturated (g)	13.2g	1.8g
Carbohydrate (g)	62.7g	8.4g
- sugars (g)	10.9g	1.5g
Sodium (mg)	1019mg	136mg

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.



Make the tomato sauce

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic**. Tear the **herb** leaves. Trim the **broccolini**. Slice the **carrot** (unpeeled) into batons. In a small saucepan, heat a drizzle of **olive oil** over a medium heat. Cook the **onion** until softened, **2-3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **crushed & sieved tomatoes** (see ingredients), **salt (for the sauce)**, the **brown sugar** and **butter** and stir to combine. Reduce the heat to low and simmer, stirring occasionally, until slightly thickened, **3-4 minutes**. Remove from the heat and set aside.



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 chicken until golden, **2-3 minutes** each side. Transfer the **chicken** to a second oven tray lined with baking paper. Top each piece of crumbed **chicken** with the **tomato sauce**, then sprinkle with the **herbs** (reserve some for garnish!) and the **shredded Cheddar cheese**. Bake until the cheese is melted and the chicken is cooked through, **8-10 minutes**.

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



Bake the fries

While the tomato sauce is simmering, cut the **potato** (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.

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



Cook the veggies

While the chicken is baking, wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **broccolini** and **carrot** until softened, **4-5 minutes**. Add the remaining **garlic** and cook until fragrant, **1-2 minutes**.



Crumb the chicken

While the fries are baking, place the **chicken breast** between two sheets of baking paper and pound using a meat mallet or rolling pin until it is an even thickness, about 2cm thick. In a shallow bowl, combine the **plain flour** and **salt (for the chicken)**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** into the **flour**, followed by the **egg** and finally into the **panko breadcrumbs**. Transfer to a plate.



Serve up

Divide the chicken parmigiana, fries and veggies between plates. Garnish with the reserved herbs.

Enjoy!