

# Baked Chicken Parmigiana

with Oven-Baked Fries

Grab your Meal Kit  
with this symbol



Brown Onion



Garlic



Parsley



Green Beans



Carrot



Crushed & Sieved  
Tomatoes



Potato



Chicken Breast



Panko Breadcrumbs



Shredded Cheddar  
Cheese

## Keep an eye out...

Due to recent sourcing challenges, we've replaced baby broccoli and basil with green beans and parsley, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

## Pantry items

Olive Oil, Brown Sugar, Butter, Plain Flour, Egg

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!

## 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
parsley	1 packet	1 packet
green beans	1 bag (100g)	1 bag (200g)
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	3	6
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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3397kJ (812Cal)	439kJ (105Cal)
Protein (g)	51.1g	6.6g
Fat, total (g)	34.8g	4.5g
- saturated (g)	15.1g	1.9g
Carbohydrate (g)	70.7g	9.1g
- sugars (g)	11g	1.4g
Sodium (mg)	1228mg	159mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](http://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 parmigiana sauce

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **brown onion** and **garlic**. Roughly chop the **parsley** leaves. Trim and halve the **green beans**. Slice the **carrot** into thin sticks. 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.



### Bake the fries

Cut the **potato** into fries and place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **25-30 minutes**.



### 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 lined oven tray. Top each piece of crumbed **chicken** with the **parmigiana sauce**, then sprinkle with the **parsley** (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.



### 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**. Coat the **chicken** in the **flour**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.



### Cook the veggies

While the chicken is cooking, 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 **green beans** and **carrot**, tossing, until softened, **4-5 minutes**. Add the remaining **garlic** and cook until fragrant, **1-2 minutes**.



### Serve up

Divide the chicken parmesan, fries and veggies between plates. Garnish with the reserved parsley.

### Enjoy!