



CRUNCHY ITALIAN CHICKEN BAKE

with Spiced Potatoes & Lemony Broccoli

SHEET PAN

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Chicken Cutlets



1 | 1
Lemon



8 oz | 16 oz
Broccoli Florets



12 oz | 24 oz
Yukon Gold
Potatoes



¼ Cup | ½ Cup
Panko Breadcrumbs
Contains: Wheat



½ Cup | 1 Cup
Italian Cheese
Blend
Contains: Milk



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



1 TBSP | 1 TBSP
Fry Seasoning



1 TBSP | 1 TBSP
Italian Seasoning

HELLO ITALIAN PANKO CRUST

A mixture of flaky panko breadcrumbs, cheese, and Italian seasoning delivers satisfying crunch and flavor to roasted chicken.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 690



LIFE HACK

Use a basting brush or the back of a spoon to coat the chicken with sour cream in step 4. Just make sure to spread it evenly—this will allow the panko to stick and form a delicious crust.

BUST OUT

- Zester
- Medium bowl
- Baking sheet
- Paper towels
- Large bowl
- Kosher salt
- Black pepper
- Olive oil (2 TBSP | 3 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry all produce.**
- Dice **potatoes** into 1-inch pieces. Cut **broccoli florets** into bite-size pieces if necessary. Zest and quarter **lemon**.



2 MIX PANKO

- In a medium bowl, combine **panko**, **Italian cheese**, **1 tsp Italian Seasoning (2 tsp for 4 servings)**, **1 TBSP olive oil (2 TBSP for 4)**, **salt**, and **pepper**. Set aside. (Be sure to measure the Italian Seasoning; we sent more.)



3 ROAST POTATOES

- Toss **potatoes** on one side of a baking sheet with a **large drizzle of olive oil**, **half the Fry Seasoning**, and a **pinch of salt and pepper**. (For 4 servings, **spread potatoes out across entire sheet and use all the Fry Seasoning; roast 20-25 minutes total.**)
- Roast on top rack for 10 minutes (you'll add the chicken and broccoli then).



4 COAT CHICKEN

- While potatoes roast, pat **chicken*** dry with paper towels and season all over with **salt** and **pepper**.
- Evenly spread **sour cream** onto tops of chicken. Mound with **panko mixture**, pressing firmly to adhere (no need to coat the undersides).



5 ROAST CHICKEN & BROCCOLI

- In a large bowl, toss **broccoli** with a **drizzle of olive oil**. Season with **salt** and **pepper**.
- Once **potatoes** have roasted 10 minutes, remove sheet from oven. Carefully add broccoli and **coated chicken** to empty side. (For 4 servings, **leave potatoes roasting. Add broccoli and chicken to a second baking sheet; roast on middle rack.**)
- Return to oven until potatoes are crisp, broccoli is lightly charred, and chicken is golden brown and cooked through, 15-20 minutes more.



6 FINISH & SERVE

- Toss **broccoli** with **1 TBSP butter (2 TBSP for 4 servings)**, **lemon zest**, and **lemon juice** to taste.
- Divide **chicken**, **potatoes**, and broccoli between plates. Serve with any **remaining lemon wedges** on the side.

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