

Garlic & Herb Chicken Parmigiana

with Roast Capsicum & Cucumber Salad

Grab your Meal Kit with this symbol



Capsicum



Red Onion



Garlic



Crushed & Sieved Tomatoes



Chicken Breast



Garlic & Herb Seasoning



Panko Breadcrumbs



Shredded Cheddar Cheese



Cucumber



Mixed Salad Leaves

 Hands-on: **25-35 mins**
Ready in: **35-45 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, Balsamic Vinegar

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
crushed & sieved tomatoes	½ tin	1 tin
salt*	¼ tsp	½ tsp
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
chicken breast	1 packet	1 packet
plain flour*	½ tbs	1 tbs
garlic & herb seasoning	1 sachet	1 sachet
egg*	1	2
panko breadcrumbs	1 packet	1 packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
cucumber	1 (medium)	1 (large)
balsamic vinegar*	½ tbs	1 tbs
mixed salad leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2936kJ (702Cal)	444kJ (106Cal)
Protein (g)	52g	7.9g
Fat, total (g)	32.2g	4.9g
- saturated (g)	14.3g	2.2g
Carbohydrate (g)	48.2g	7.3g
- sugars (g)	19.8g	3g
Sodium (mg)	1175mg	178mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **capsicum**. Cut the **red onion** into wedges. Place the **capsicum, onion**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** on a lined oven tray. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**. Set aside to cool slightly.



Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, cook the **chicken** until golden, **2 minutes** each side. Transfer the **chicken** to a second lined oven tray. Top each piece with the **tomato sauce** and sprinkle over the **shredded Cheddar cheese**. Bake until the cheese is melted and the chicken is cooked, **8-10 minutes**.

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



Make the parmigiana sauce

While the veggies are roasting, finely chop the **garlic**. In a small saucepan, heat a drizzle of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1 minute**. Add the **crushed & sieved tomatoes**, the **salt**, the **brown sugar** and the **butter** and stir to combine. Reduce the heat to low and simmer, stirring occasionally, **5-6 minutes**.



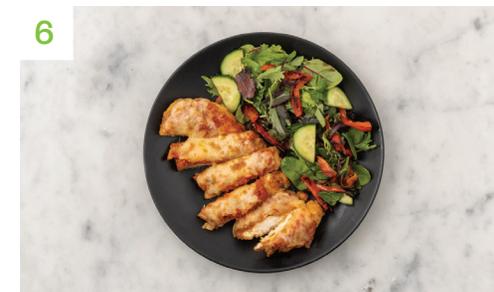
Make the salad

While the chicken is baking, thinly slice the **cucumber** into half-moons. In a large bowl, combine the **balsamic vinegar, olive oil** (1 tbs for 2 people / 2 tbs for 4 people) and a pinch of **salt** and **pepper**. Add the **roasted veggies, cucumber** and **mixed salad leaves** to the **dressing**. Toss to coat.



Crumb the chicken

While the sauce is simmering, place the **chicken breast** between two sheets of baking paper and pound using a meat mallet (or rolling pin) until about 2cm thick. In a shallow bowl, combine the **plain flour, garlic & herb seasoning** and a generous pinch of **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 **breadcrumbs**. Transfer to a plate.



Serve up

Divide the garlic-herb chicken parmigiana between plates. Serve with the roast capsicum and cucumber salad.

Enjoy!