



# MEXICAN-STYLE CHICKEN PARMIGIANA

with Creamy Corn & Cos Salad



Add Mexican flavour to a traditional parmigiana!



Garlic



Carrot



Tex-Mex Spice Blend



Crushed & Sieved Tomatoes



Chicken Breast



Panko Breadcrumbs



Shredded Cheddar Cheese



Sweetcorn



Cos Lettuce



Cucumber



Lemon



Garlic Aioli

Hands-on: **40** mins  
Ready in: **50** mins

Eat me early

A dinner classic with a Mexicana-inspired twist! Our zingy Tex-Mex spice blend gives this panko-crumbed parmi a flavourful kick, with a crunchy cucumber, cos and corn salad to round it off.

**Pantry Staples:** Olive Oil, Butter, Sugar, Plain Flour, Eggs

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan** • **oven tray** lined with **baking paper**



### 1 MAKE THE SAUCE

**SPICY!** *Tex-Mex is a mild spice blend, but if you or the kids are extra sensitive to heat, feel free to add less.* Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Place a medium saucepan over a medium-high heat. Once hot, add the **butter**, **garlic**, **carrot** and the **Tex-Mex spice blend** and cook, stirring, until fragrant, **1 minute**. Add **1/2 tin of crushed & sieved tomatoes** and reduce the heat to medium. Simmer until slightly reduced, **3-4 minutes**. Season to taste with **salt**, **pepper** and **1/2 the sugar**. Remove from the heat.



### 4 CHAR THE CORN

While the chicken is baking, drain the **sweetcorn**. Wash the frying pan and return to a high heat. When the pan is hot, add the **corn** kernels and cook, tossing, until lightly browned, **4-5 minutes**. **TIP:** *Cover the pan with a lid if the kernels are jumping out.* Set aside to cool slightly. Shred the **cos lettuce**. Roughly chop the **cucumber**. Zest the **lemon** to get a **pinch**, then cut in half.



### 2 CRUMB THE CHICKEN

Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm thick. In a shallow bowl, combine the **plain flour**, the **salt** and a **good pinch** of **pepper**. In a second shallow bowl, whisk the **eggs**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** into the seasoned **flour**, followed by the **egg** and finally in the **panko breadcrumbs**. Set aside on a plate.



### 5 TOSS THE SALAD

In a large bowl, combine a **generous squeeze** of **lemon juice**, the **lemon zest**, **garlic aioli**, the **remaining 1 tsp** of **sugar** and a **generous pinch** of **salt** and **pepper**. Add the **cos lettuce**, **cucumber** and charred **corn** to the bowl with the dressing and toss well to coat. **TIP:** *Toss the salad just before serving to keep the leaves crisp.*



### 3 COOK THE CHICKEN

Heat a large frying pan over a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add **1/2** the crumbed **chicken** and cook, turning occasionally, until golden on the outside, **4-5 minutes**. **TIP:** *Add extra oil if needed so the chicken doesn't stick to the pan.* Repeat with the **remaining chicken**. Transfer to an oven tray lined with baking paper. Top the **chicken** with a spoonful of the **tomato mixture** and the **shredded Cheddar cheese**. Bake until the cheese is melted and the chicken is cooked through, **6-8 minutes**.



### 6 SERVE UP

Divide the Mexican-style chicken parmigiana between plates and serve the cos salad on the side.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	4 cloves
carrot	1
butter*	40g
Tex-Mex spice blend	2 sachets
crushed & sieved tomatoes	1/2 tin (200g)
sugar*	2 tsp
chicken breast	1 packet
plain flour*	2 1/2 tbs
salt*	1 tsp
eggs*	2
panko breadcrumbs	2 packets
shredded Cheddar cheese	1 packet (100g)
sweetcorn	1 tin
cos lettuce	1 head
cucumber	1
lemon	1
garlic aioli	1 tub (50g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3850kJ (919Cal)	633kJ (151Cal)
Protein (g)	60.2g	9.9g
Fat, total (g)	38.8g	6.4g
- saturated (g)	15.8g	2.6g
Carbohydrate (g)	77.4g	12.7g
- sugars (g)	15.9g	2.6g
Sodium (g)	2150mg	354mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

2019 | WK45

HelloFRESH