



Crispy Chicken Parmigiana

with Baby Spinach and Italian Bell Pepper Salad

Protein Plus 25 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



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Swap

Turkey Breast Portions
340 g | 680 g
- 

Swap

Organic Chicken Breasts*
2 | 4
- 

Chicken Breasts*
2 | 4
- 

Mayonnaise
2 tbsp | 4 tbsp
- 

Panko Breadcrumbs
1/3 cup | 2/3 cup
- 

Sweet Bell Pepper
1 | 2
- 

Marinara Sauce
1/2 cup | 1 cup
- 

Parmesan Cheese, shredded
1/2 cup | 1 cup
- 

Baby Spinach
56 g | 113 g
- 

Red Wine Vinegar
1 tbsp | 2 tbsp
- 

Italian Seasoning
1 tbsp | 2 tbsp
- 

Dijon Mustard
1/2 tbsp | 1 tbsp
- 

Red Onion
1/2 | 1

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

Pantry items | Pepper, sugar, salt, oil

Cooking utensils | Aluminum foil, baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, shallow dish, whisk

1



Coat chicken

[Swap](#) | [Turkey Breast Portions](#)

- Wash and dry all produce. To a shallow dish, combine **panko** and **half the Parmesan**.
- Pat **chicken** dry with paper towels. Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book. Season both sides with **salt, pepper** and **half the Italian Seasoning**.
- Coat **each chicken breast** all over with **mayo**. Working with one **chicken breast** at a time, press both sides into panko mixture to coat completely.

4



Cook onions

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 servings).
- Heat the same pan (from step 2) over medium-high.
- When hot, add ½ **tbsp (1 tbsp) oil**, then **onions** and **remaining Italian Seasoning**. Season with **salt** and **pepper**. Cook for 3-4 min, stirring occasionally, until tender.
- Transfer **onions** to a plate to cool slightly.

2



Pan-fry chicken

- Heat a large non-stick pan over medium.
- When hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** For 4 servings, pan-fry chicken in batches, using 1 tbsp oil per batch.)
- Pan-fry for 3-4 min per side, until golden.
- Transfer **chicken** to a foil-lined baking sheet. Carefully wipe the pan clean.

3



Finish chicken

- Spoon **marinara sauce** over **chicken**, then sprinkle with **remaining Parmesan**.
- Broil in the **middle** of the oven until **cheese** is golden and **chicken** is cooked through.**

5



Make dressing

- Meanwhile, to a large bowl, add Dijon, **vinegar**, ½ **tsp (1 tsp) sugar** and **1 tbsp (2 tsp) oil**. Season with **salt** and **pepper**, then whisk to combine.

6



Finish and serve

- To the bowl with dressing, add **spinach, peppers** and **onions**. Toss to combine.
- Divide **chicken parmigiana** and **salad** between plates.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

1 | Coat turkey

[Swap](#) | [Turkey Breast Portions](#)

If you've opted to get **turkey breast portions**, if applicable, cut into **2 (4) equal pieces** on a separate cutting board. Prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.**

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 165°F, as size may vary.