



# Baked Chicken Parmesan

with Crispy Potatoes and Garlicky Green Beans

35 Minutes



Chicken Breasts



Mayonnaise



Panko Breadcrumbs



Yellow Potato



Green Beans



Marinara Sauce



Parmesan Cheese



Garlic



Italian Seasoning

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO CHICKEN PARMESAN

*Skip the deep-frying with our baked version of this Italian-American classic*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust Out

Shallow dish, paper towels, garlic press, large non-stick pan, measuring spoons, 2 baking sheets, aluminum foil

## Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Mayonnaise	2 tbsp	4 tbsp
Panko Breadcrumbs	½ cup	1 cup
Yellow Potato	300 g	600 g
Green Beans	170 g	340 g
Marinara Sauce	½ cup	1 cup
Parmesan Cheese	½ cup	1 cup
Garlic	6 g	12 g
Italian Seasoning	1 tbsp	1 tbsp
Oil*		

Salt and Pepper\*

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## Roast potatoes

Cut **potatoes** into ¼-inch rounds. On a baking sheet, toss **potatoes**, **½ tbsp Italian seasoning** and **1 tbsp oil** (dbl both for 4 ppl). Season with **salt** and **pepper**. Roast in the **bottom** of the oven, flipping rounds over halfway through cooking, until golden-brown, 25-28 min.



## Bake chicken

Spoon **pizza sauce** over **each chicken breast**, then sprinkle over **Parmesan**. Bake in the **middle** of the oven, until **chicken** is cooked through and **cheese** is golden-brown, 12-14 min.\*\*



## Bread chicken

Meanwhile, pat **chicken** dry with paper towel. Season with **salt** and **pepper**. To a shallow dish, add **panko**. Coat **chicken** all over with **mayo**. Working with **one chicken breast** at a time, press both sides into **panko** to coat completely.



## Cook beans

Meanwhile, peel, then mince or grate **garlic**. Trim **green beans**. Heat the same pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then **green beans**. Cook, stirring occasionally, 3-4 min. Add **garlic** and cook, stirring occasionally, until **green beans** are tender-crisp, 1-2 min. Season with **salt** and **pepper**.



## Sear chicken

Heat a large non-stick pan over medium-high heat. When the pan is hot, add **2 tbsp oil**, then **chicken**. Pan-fry, until golden-brown, 2-3 min per side. (**TIP:** It's okay if it doesn't cook all the way through at this step!) Remove the pan from heat. Transfer **chicken** to a foil-lined baking sheet.



## Finish and serve

Divide **chicken Parmesan**, **potatoes** and **green beans** between plates.

## Dinner Solved!