



Baked Chicken Parmesan

with Crispy Potatoes and Garlicky Broccoli

35 Minutes



Chicken Breasts



Mayonnaise



Panko Breadcrumbs



Yellow Potato



Broccoli, florets



Marinara Sauce



Parmesan Cheese, shredded



Garlic



Italian Seasoning

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

2 Baking sheets, measuring spoons, shallow dish, aluminum foil, large non-stick pan, paper towels

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 |
| Broccoli, florets | 227 g | 454 g |
| Marinara Sauce | ½ cup | 1 cup |
| Parmesan Cheese, shredded | ½ cup | 1 cup |
| Garlic | 6 g | 12 g |
| Italian Seasoning | 1 tbsp | 2 tbsp |
| Unsalted Butter* | 2 tbsp | 4 tbsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

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.

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Roast potatoes

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



Bake chicken

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



Bread chicken

While the **potatoes** roast, pat **chicken** dry with paper towels. Carefully slice into centre of **each chicken breast**, lengthwise and parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book. Season both sides with **salt** and **pepper**. Pour **panko** into a shallow dish. Coat **chicken** all over with **mayo**. Working with **one chicken breast** at a time, press both sides into **panko** to coat completely.



Cook broccoli

Peel, then mince or grate **garlic**. Cut **broccoli** into bite-sized pieces. Heat the same large non-stick pan (from step 3) over medium. When hot, add **2 tbsp butter** (dbl for 4 ppl), then swirl pan until melted, 1 min. Add **broccoli** and **2 tbsp water** (dbl for 4 ppl). Stir to combine. Cook covered, stirring occasionally, until tender, 5-6 min. Add **garlic**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.



Sear chicken

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), 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. Carefully wipe the pan clean.



Finish and serve

Divide **chicken Parmesan**, **crispy potatoes** and **garlicky broccoli** between plates.

Dinner Solved!