

Carb Smart Parmesan Chicken

with DIY Croutons and Tomato Salad

Carb Smart

35 Minutes





Chicken Breasts





Italian Breadcrumbs



Roma Tomato

Lemon

Ciabatta Roll



Baby Spinach

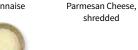


Mayonnaise





Garlic Salt



HELLO LEMON ZEST

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, shallow dish, zester, aluminum foil, large bowl, whisk, large nonstick pan, paper towels

Ingredients

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	2 Person	4 Person
Chicken Breasts •	2	4
Ciabatta Roll	1	2
Italian Breadcrumbs	½ cup	1 cup
Roma Tomato	80 g	160 g
Baby Spinach	56 g	113 g
Lemon	1	1
Mayonnaise	2 tbsp	4 tbsp
Parmesan Cheese, shredded	⅓ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Sugar*	1/4 tsp	½ tsp
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.

Contact

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Prep

- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Cut or tear ciabatta into ½-inch pieces.
- Cut tomato into 1/2-inch pieces.



Make croutons

- Heat a large non-stick pan over medium heat.
- While the pan heats, add ciabatta, half the garlic salt and 1 tbsp oil (dbl for 4 ppl) to a medium bowl. Season with pepper, then toss to coat.
- When the pan is hot, add **ciabatta** to the dry pan. Cook, stirring occasionally, until goldenbrown on all sides, 3-4 min.
- Transfer **croutons** to a plate to cool.



Prep chicken

- Add **breadcrumbs** to a shallow dish.
- 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.
- Add chicken, mayo, lemon zest and remaining garlic salt to the same medium bowl (from step 2). Season with pepper, then toss to coat.
- Working with one chicken breast at a time, press both sides into breadcrumbs to coat completely.



Cook chicken

- Reheat the same pan (from step 2) over medium.
- When hot, add 2 tbsp oil, then chicken. Pan-fry on one side until golden-brown, 4-5 min. Flip chicken and add 1 tbsp oil. Pan-fry until golden-brown, 4-5 min. (NOTE: Don't overcrowd the pan. Cook in batches for 4 ppl, using 3 tbsp oil per batch.)
- Transfer chicken to a foil-lined baking sheet.
 Sprinkle Parmesan over chicken.
- Broil in the middle of the oven until cheese is golden and chicken is cooked through, 2-3 min.**



Make salad

- Meanwhile, add lemon juice, ¼ tsp sugar and 1 tbsp oil (dbl both for 4 ppl) to a large bowl.
 Season with salt and pepper, then whisk to combine.
- Add **tomatoes**, **croutons** and **spinach**, then toss to combine.



Finish and serve

- Thinly slice chicken.
- Divide chicken and salad between plates.
- Squeeze a lemon wedge over top, if desired.

Dinner Solved!