



Crispy Chicken Parmigiana

with Baby Spinach and Bell Pepper Italian Salad

30 Minutes



Chicken Breasts



Mayonnaise



Panko Breadcrumbs



Sweet Bell Pepper



Shallot



Marinara Sauce



Parmesan Cheese



Baby Spinach



Red Wine Vinegar



Italian Seasoning



Dijon Mustard

HELLO CHICKEN PARMIGIANA

The best part is the layer of crispy cheese on top of the chicken

Start here

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

Bust Out

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

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Mayonnaise	2 tbsp	4 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Sweet Bell Pepper	160 g	320 g
Shallot	50 g	100 g
Marinara Sauce	½ cup	1 cup
Parmesan Cheese	¼ cup	½ cup
Baby Spinach	56 g	113 g
Red Wine Vinegar	1 tbsp	2 tbsp
Italian Seasoning	1 tbsp	1 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Prep

Core, then cut **pepper** into ¼-inch slices. Peel, then cut **shallot** into ¼-inch slices. Pour **panko** into a shallow dish. Pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Coat **each breast** all over with **mayo**. Working with **one breast** at a time, press into **panko** to coat completely.



Broil veggies

While **chicken** broils, toss **peppers, shallots**, and **1 ½ tsp Italian seasoning** with **1 tbsp oil** (dbl both for 4 ppl) on another baking sheet. Season with **salt** and **pepper**. Broil in the **bottom** of the oven, until tender, 4-6 min.



Pan-fry chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry, until golden-brown, 3-4 min per side. (**NOTE:** We will finish the chicken in step 3.) Transfer to a foil-lined baking sheet.



Make dressing

While **veggies** broil, whisk together **mustard, vinegar, 1 tbsp oil** and **½ tsp sugar** (dbl both for 4 ppl) in a medium bowl. Season with **salt** and **pepper**.



Broil chicken

Spoon **marinara sauce** over **chicken**, then sprinkle over **Parmesan**. Broil in the **middle** of the oven, until **cheese** is golden-brown and chicken is cooked through, 4-6 min.**



Finish and serve

Add **broiled veggies** and **spinach** to the bowl with **dressing**. Toss together. Divide the **chicken parmigiana** and **salad** between plates.

Dinner Solved!