



Crispy Chicken Parmigiana

with Baby Spinach and Italian Bell Pepper Salad

Quick

30 Minutes



Chicken Breasts



Mayonnaise



Panko Breadcrumbs



Sweet Bell Pepper



Red Onion



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 crispy 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
Red Onion	56 g	113 g
Marinara Sauce	½ cup	1 cup
Parmesan Cheese	¼ cup	½ cup
Baby Spinach	113 g	227 g
Red Wine Vinegar	1 tbsp	2 tbsp
Italian Seasoning	½ tsp	1 tsp
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.

♦ 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 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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Prep

Core, then cut **pepper** into ¼-inch slices. Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch slices. Pour **panko** into a shallow dish. Pat **chicken** dry with paper towels. Carefully slice into 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** and **pepper**. Coat **each breast** all over with **majo**. Working with **one breast** at a time, press into **panko** to coat completely.



Broil veggies

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



Start chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **chicken**. Sear, until golden-brown, 3-4 min per side. (**NOTE:** For 4 ppl, sear chicken in batches, using 1 tbsp oil per batch.) Transfer to a foil-lined baking sheet.



Make dressing

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



Finish chicken

Spoon **marinara sauce** over **chicken**, then sprinkle with **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 **chicken parmigiana** and **salad** between plates.

Dinner Solved!