



# Crispy Chicken Parmigiana

with Baby Spinach and Italian Bell Pepper Salad

30 Minutes



Chicken Breasts



Mayonnaise



Panko Breadcrumbs



Sweet Bell Pepper



Red Onion



Marinara Sauce



Parmesan Cheese, shredded



Baby Spinach



Red Wine Vinegar



Italian Seasoning



Dijon Mustard

HELLO CHICKEN PARMIGIANA

*The best part is the layer of crispy cheese on top!*

## Start here

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

## Bust out

Baking sheet, measuring spoons, shallow dish, aluminum foil, large bowl, whisk, 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
Sweet Bell Pepper	160 g	320 g
Red Onion	56 g	113 g
Marinara Sauce	½ cup	1 cup
Parmesan Cheese, shredded	¼ cup	½ cup
Baby Spinach	56 g	113 g
Red Wine Vinegar	1 tbsp	2 tbsp
Italian Seasoning	1 tbsp	2 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.

♦ 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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## Prep

Core, then cut **pepper** into ¼-inch slices. Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl). Add **panko** 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. Season both sides with **salt, pepper** and **half the Italian Seasoning**. Coat **each breast** all over with **mayo**. Working with **one breast** at a time, press both sides into **panko** to coat completely.



## Cook onions

While **chicken** broils, heat the same pan (from step 2) over medium-high. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **onions** and **remaining Italian Seasoning**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender, 3-4 min. Transfer **onions** to a plate to cool slightly.



## Pan-fry chicken

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



## Make dressing

While **onions** cook, add **Dijon, vinegar, ½ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.



## 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 **spinach, peppers** and **onions** to the bowl with **dressing**. Toss to combine. Divide **chicken parmesan** and **salad** between plates.

## Dinner Solved!