

Keto Chicken Parmigiana

with Buttery Green Beans

Keto Special

30 Minutes





Chicken Breasts •



2 | 4



Parmesan Cheese, shredded



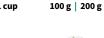
Tomatoes with Garlic and Onion

Bocconcini

Cheese



1/2 cup | 1 cup





Green Beans 170 g | 340 g





Garlic, cloves 2 | 4



Chicken Broth Concentrate 1 | 2



Red Wine Vinegar 1tbsp | 1tbsp

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.

Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then mince or grate garlic.
- Heat a small pot over medium heat.
- When hot add, ½ tbsp (1 tbsp) oil, then garlic, crushed tomatoes and chicken broth concentrate. Cook, stirring often, until warmed through, 6-8 min. Set aside.
- Meanwhile, drain, then tear bocconcini into pieces. Season with salt.



Prep chicken

- Pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Cover each chicken breast with plastic wrap.
- Using a mallet, rolling pin or heavy-bottomed pan, carefully pound each chicken breast until ½-inch thick.



Sear chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ tbsp oil, then chicken.
 (NOTE: Cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Pan-fry until golden-brown, 2-3 min per side.
- Transfer chicken to an 8x8-inch baking dish.
- Carefully wipe the pan clean.



Roast chicken

- Spoon tomato sauce over chicken. Top with bocconcini and half the Parmesan.
- Roast in the **middle** of the oven until **chicken** is cooked through, 12-14 min.**



Cook green beans

- Meanwhile, trim green beans.
- Reheat the same pan (from step 3) over medium.
- When hot, add green beans and ¼ cup (½ cup) water. Cook, stirring occasionally, until water evaporates, 4-5 min.
- Add 1 tbsp (2 tbsp) butter. Cook, stirring often, until green beans are tender-crisp, 1 min. Season with salt and pepper, to taste.



Finish and serve

- Whisk ½ tbsp (1 tbsp) vinegar and 1 tbsp (2 tbsp) oil together in a large bowl. Add arugula and spinach mix and remaining Parmesan. Toss to combine.
- Divide chicken, beans and salad between plates.

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



Measurements

within steps

oil

1 tbsp (2 tbsp)