



# Parmesan Chicken Salad

with Zesty Pesto Dressing

30 Minutes



Chicken Breasts



Mayonnaise



Panko Breadcrumbs



Basil Pesto



Baby Tomatoes



Lemon



Arugula and Spinach Mix



Parmesan Cheese, shredded



Italian Seasoning



Ciabatta Roll

HELLO LEMON ZEST

*Punch up the flavour of chicken with a sprinkle of lemon zest!*

## Start here

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Mayonnaise	2 tbsp	4 tbsp
Panko Breadcrumbs	½ cup	1 cup
Basil Pesto	¼ cup	½ cup
Baby Tomatoes	113 g	227 g
Lemon	1	1
Arugula and Spinach Mix	56 g	113 g
Parmesan Cheese, shredded	¼ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Ciabatta Roll	1	2
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.*

## Contact

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## 1 Prep

Halve **tomatoes**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Cut **ciabatta** into ½-inch pieces. Add **ciabatta**, **half the Italian Seasoning** and **1 tbsp oil** (dbl for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then toss to coat.



## 2 Make croutons

Heat a large non-stick pan over medium heat. When hot, add the **ciabatta**. Cook, stirring occasionally, until golden-brown on all sides, 3-4 min. Transfer to a plate to cool.



## 3 Prep chicken

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** and **pepper**. Add **chicken**, **mayo**, **lemon zest** and **remaining Italian Seasoning** to the same bowl (from step 1). Season with **salt** and **pepper**, then toss to coat. Working with **one piece of chicken** at a time, press both sides into **panko** to coat completely.



## 4 Cook chicken

Heat the same pan over medium. When hot, add **2 tbsp oil**, then **chicken**. Pan-fry, on one side, until golden-brown, 4-5 min. Flip **each piece** and add another **1 tbsp oil**. Pan-fry, until golden brown, 4-5 min. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl, using 2 tbsp oil per batch.) Transfer 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.\*\*



## 5 Make salad

While **chicken** cooks, whisk together **pesto** and **lemon juice** in a large bowl. Add **tomatoes**, **croutons** and **arugula and spinach mix**. Season with **salt** and **pepper**, then toss to combine.



## 6 Finish and serve

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

## Dinner Solved!