



Parmesan Chicken Tenders

with Marinara and Kale Ceasar

PRONTO 30 Minutes



Chicken Tenders



Garlic



Panko Breadcrumbs



Parmesan Cheese



Shallot



Mayonnaise



Worcestershire Sauce



Lemon



Baby Kale



Italian Seasoning



Marinara Sauce



Basil

HELLO CHICKEN PARMESAN

Skip the deep-frying with our baked version of this Italian-American classic

Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

Garlic Guide for Step 1:

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust Out

Large Bowl, Whisk, Baking Sheet, Parchment Paper, Box Grater, Measuring Spoons, Small Pot, Shallow Dish, Zester, Paper Towels

Ingredients

	2 Person	4 Person
Chicken Tenders	340 g	680 g
Garlic	6 g	12 g
Panko Breadcrumbs	½ cup	1 cup
Parmesan Cheese	¼ cup	½ cup
Shallot	50 g	100 g
Mayonnaise	¼ cup	½ cup
Worcestershire Sauce	1 tsp	2 tsp
Lemon	1	2
Baby Kale	113 g	227 g
Italian Seasoning	1 tbsp	2 tbsp
Marinara Sauce	1 cup	2 cup
Basil	7 g	14 g
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.

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1. PREP & MAKE CEASAR DRESSING

Peel, then finely grate **shallot**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Thinly slice **basil**. Peel, then mince or grate **garlic**. Whisk together **Worcestershire sauce, lemon zest, half the shallot, half the mayo, 1 tbsp lemon juice** and **¼ tsp pepper** and **¼ tsp garlic** (dbl all for 4 ppl) in a large bowl. (Reference Garlic Guide in Start Strong.)



4. MAKE BASIL MARINARA

While **chicken** bakes, heat a small pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **remaining shallot, remaining Italian seasoning** and **remaining garlic**. Cook, stirring often, until **shallot** softens, 1-2 min. Add **marinara** and **half the basil** to the pot. Cook, stirring often, until warmed through, 2-3 min. Remove the pot from the heat.



2. PREP CHICKEN

Pat **chicken** with paper towels. Add **panko, half the Italian seasoning** and **half the Parmesan** to a shallow dish. Stir to combine. Coat the **chicken** all over with the **remaining mayo**. Working with **one chicken tender** at a time, press **tender** into the **panko mixture**. Turn to coat both sides.



5. MAKE SALAD

Add **baby kale** and **remaining basil** to large bowl with the **caesar dressing**. Toss to coat. Sprinkle over **remaining Parmesan**.



3. COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **2 tbsp oil** (dbl for 4 ppl), then **half the chicken**. Pan-fry, until golden-brown, 1-2 min per side. Transfer to a parchment-lined baking sheet. Repeat with another **2 tbsp oil** and **remaining chicken**. Bake, in the **middle** of the oven, until cooked through, 6-8 min.**



6. FINISH AND SERVE

Divide **Parmesan Chicken Tenders** and **Kale Caesar** between plates. Serve **basil marinara** along side, for dipping.

Dinner Solved!