



JUL
2016

Parmesan-Crusted Chicken

with Balsamic Potato Salad and Garlic-Roasted Tomatoes

Who doesn't love crispy chicken? What we don't love are the extra dishes used in the traditional breading process! We've cut out the mess with a simple breading technique you'll use again and again. A tangy potato salad and sweet, blistered tomatoes complete this weeknight winner.



Chicken Breasts



Cherry
Tomatoes



Mini Yukon
Potatoes



Garlic



Green Onions



Parmesan



Panko
Breadcrumbs



Dijon Mustard



Balsamic
Vinegar

Ingredients

Chicken Breasts		4
Cherry Tomatoes		1 pkg
Mini Yukon Potatoes		1 pkg
Garlic		4 cloves
Green Onions		2
Parmesan Cheese, grated	1)	1 pkg
Panko Breadcrumbs	2)	1 pkg
Dijon Mustard	3) 4)	1 jar
Balsamic Vinegar	3)	1 bottle
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Milk/Lait
- 2) Wheat/Blé
- 3) Sulphites/Sulfites
- 4) Mustard/Moutarde

Tools

Large Pot, Small Bowl, Baking Sheet, Large Bowl, Strainer, Measuring Spoons

Ruler

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Nutrition per person Calories: 574 cal | Carbs: 42 g | Fat: 23 g | Protein: 51 g | Fiber: 5 g | Sodium: 465 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Preheat the oven to 400°F. **Wash and dry all produce.** Cut the **potatoes** into 1/2-inch cubes. Place them in a large pot with a large pinch of **salt** and cover with **water**. Bring to a boil and cook for 12-15 minutes, until fork-tender.



2 Meanwhile, in a small bowl, combine the **panko**, **Parmesan**, a drizzle of **oil**, and a pinch of **salt** and **pepper**.



3 Bake the chicken: Place the **chicken breasts** on a parchment-lined baking sheet and season with **salt** and **pepper** on all sides. Divide the **Dijon mustard** between the chicken breasts and spread all over the tops. Then top each with some **panko-cheese mixture**, pressing into the mustard so it sticks. Bake in the centre of oven for 7-8 minutes.



4 Prep the remaining ingredients: Meanwhile, halve the **tomatoes**. Thinly slice the **green onions**, keeping the greens and whites separate. Mince or grate the **garlic**.

5 Move the **chicken breasts** to one side of the baking sheet. Toss the **tomatoes** on the other side with the **green onion whites**, **garlic**, and a drizzle of **oil**. Season with **salt** and **pepper**. Return the baking sheet to the oven for 7-8 minutes, until the **tomatoes** burst and **chicken** is cooked through. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

6 Once the **potatoes** are done, drain and place in a large bowl. Toss with the **green onion greens**, **balsamic vinegar**, a drizzle of **oil**, and season with **salt** and **pepper**.

7 Finish and serve: Serve the **chicken** and **tomatoes** with the **balsamic potato salad** on the side. Enjoy!

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