

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



Mini Yukor Potatoes



Garlic



Green Onions



Parmesan



Panko Breadcrumbs







Balsamic Vinegar

Ingredients		4 People
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*		

*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

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.



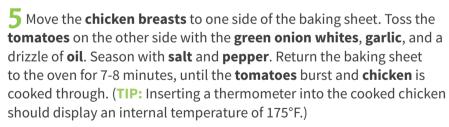
- **1 Prep:** Preheat the oven to 400°F. **Wash and dry all produce.** Cut the **potatoes** into ½-inch cubes. Place them in a large pot with a large pinch of **salt** and cover with **water**. Bring to a boil and cook for 12-15 minutes, until fork-tender.
- **2** Meanwhile, in a small bowl, combine 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.





- 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!