



Smart Parmesan Chicken

with DIY Croutons and Tomato Salad

Carb Smart

Calorie Smart

35 Minutes



Chicken Breasts



Ciabatta Roll



Italian Breadcrumbs



Roma Tomato



Baby Spinach



Lemon



Mayonnaise



Parmesan Cheese, shredded



Garlic Salt



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HELLO LEMON ZEST

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

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Ciabatta Roll	1	2
Italian Breadcrumbs	½ cup	1 cup
Roma Tomato	80 g	160 g
Baby Spinach	56 g	113 g
Lemon	1	1
Mayonnaise	2 tbsp	4 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Sugar*	¼ tsp	½ tsp
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 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.

Contact

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Prep

- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Cut or tear **ciabatta** into ½-inch pieces.
- Cut **tomato** into ½-inch pieces.



Cook chicken

- Reheat the same pan (from step 2) over medium.
- When hot, add **2 tbsp oil**, then **chicken**. Pan-fry on one side until golden-brown, 4-5 min. Flip **chicken** and add **1 tbsp oil**. Pan-fry until golden brown, 4-5 min. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl, using 3 tbsp oil per batch.)
- Transfer **chicken** 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.**



Make croutons

- Heat a large non-stick pan over medium heat.
- While the pan heats, add **ciabatta**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to a medium bowl. Season with **pepper**, then toss to coat.
- When the pan is hot, add **ciabatta** to the dry pan. Cook, stirring occasionally, until golden-brown on all sides, 3-4 min.
- Transfer **croutons** to a plate to cool.



Make salad

- Meanwhile, add **lemon juice**, **¼ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes**, **croutons** and **spinach**, then toss to combine.



Prep chicken

- Add **breadcrumbs** 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.
- Add **chicken**, **mayo**, **lemon zest** and **remaining garlic salt** to the same medium bowl (from step 2). Season with **pepper**, then toss to coat.
- Working with **one chicken breast** at a time, press both sides into **breadcrumbs** to coat completely.



Finish and serve

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

Dinner Solved!