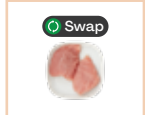




Crispy Chicken Parmigiana

with Baby Spinach and Italian Bell Pepper Salad

25 Minutes



Turkey Breast Portions
340 g | 680 g

Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Chicken Breasts **+**
2 | 4



Mayonnaise
2 tbsp | 4 tbsp



Panko Breadcrumbs
½ cup | ½ cup



Sweet Bell Pepper
1 | 2



Marinara Sauce
½ cup | 1 cup



Parmesan Cheese, shredded
½ cup | 1 cup



Baby Spinach
56 g | 113 g



Red Wine Vinegar
1 tbsp | 2 tbsp



Italian Seasoning
1 tbsp | 2 tbsp



Dijon Mustard
½ tbsp | 1 tbsp



Red Onion
½ | 1

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.

Pantry items | Pepper, sugar, salt, oil

Cooking utensils | Aluminum foil, baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, shallow dish, whisk

1



Coat chicken

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

Swap | Turkey Breast Portions

- Add **panko** and **half the Parmesan** to a shallow dish. Stir to combine.
- 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, pepper** and **half the Italian Seasoning**.
- Coat **each chicken breast** all over with **mayo**.
- Working with **one chicken breast** at a time, press both sides into **panko mixture** to coat completely.

4



Cook onions

- Meanwhile, core, then cut **pepper** into ¼-inch slices. Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl).
- Heat the same pan (from step 2) over medium-high.
- When hot, add ½ **tbsp** (1 **tblsp**) **oil**, then **onions** and **remaining Italian Seasoning**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender, 3-4 min.
- Transfer **onions** to a plate to cool slightly.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

2



Pan-fry chicken

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** For 4 ppl, pan-fry chicken in batches, using 1 **tblsp** oil per batch.)
- Pan-fry until golden-brown, 3-4 min per side.
- Transfer **chicken** to a foil-lined baking sheet. Carefully wipe the pan clean.

3



Finish chicken

- Spoon **marinara sauce** over **chicken**, then sprinkle with **remaining Parmesan**.
- Broil in the **middle** of the oven until **cheese** is golden-brown and **chicken** is cooked through, 4-6 min.**

5



Make dressing

- Meanwhile, add **Dijon, vinegar**, ½ **tsp** (1 **tsp**) **sugar** and **1 tbsp** (2 **tblsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.

6



Finish and serve

- Add **spinach, peppers** and **onions** to the bowl with **dressing**. Toss to combine.
- Divide **chicken parmigiana** and **salad** between plates.

Measurements
within steps

1 tbsp (2 **tblsp**) **oil**
2 person 4 person Ingredient

1 | Coat turkey

Swap | Turkey Breast Portions

If you've opted to get **turkey breast portions**, if applicable, cut into 2 (4) equal pieces on a separate cutting board. Prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts****