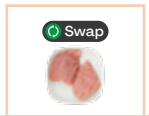




Crispy Chicken Parmigiana

with Baby Spinach and Italian Bell Pepper Salad

35 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](https://www.hellofresh.ca)



You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



- Chicken Breasts ⁺ 2 | 4
- Mayonnaise 2 tbsp | 4 tbsp
- Panko Breadcrumbs 1/2 cup | 1 cup
- Sweet Bell Pepper 1 | 2
- Marinara Sauce 1/2 cup | 1 cup
- Parmesan Cheese, shredded 1/2 cup | 1 cup
- Baby Spinach 56 g | 113 g
- Red Wine Vinegar 1 tbsp | 2 tbsp
- Italian Seasoning 1 tbsp | 2 tbsp
- Dijon Mustard 1/2 tbsp | 1 tbsp
- Red Onion 1 | 1

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADERNO Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$649.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

Ingredient quantities 56 g | 113 g
2 person | 4 person

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.
- 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.

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

| Step Title

🔄 Swap | Turkey Breast Portions

If you've opted to add chicken, pat chicken dry with paper towels. Season with salt and pepper. Heat a large non-stick pan over medium-high heat. When hot, 1 **tblsp** (2 **tblsp**) oil, then chicken. Panfry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.** Transfer chicken to another plate, then cover loosely with foil and set aside to rest, 2-3 min.

| Step Title

🔄 Swap | Turkey Breast Portions

If you've opted to add chicken, pat chicken dry with paper towels. Season with salt and pepper. Heat a large non-stick pan over medium-high heat. When hot, 1 **tblsp** (2 **tblsp**) oil, then chicken.

* 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.