



# Baked Chicken Parmesan

with Crispy Potatoes and Green Salad

Family Friendly 35 Minutes



Chicken Breasts



Russet Potato



Baby Spinach



Garlic, cloves



Parmesan Cheese, shredded



Mayonnaise



Marinara Sauce



Panko Breadcrumbs



Italian Dressing



Garlic Salt

## HELLO CHICKEN PARMESAN

*Skip the deep-frying with our baked version of this Italian-American classic!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

2 Baking sheets, medium bowl, measuring spoons, shallow dish, aluminum foil, large bowl, parchment paper, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Russet Potato	460 g	920 g
Baby Spinach	56 g	113 g
Garlic, cloves	1	2
Parmesan Cheese, shredded	¼ cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Marinara Sauce	½ cup	1 cup
Panko Breadcrumbs	½ cup	1 cup
Italian Dressing	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Oil*		
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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1



## Bake potatoes

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Bake in the **bottom** of the oven, flipping halfway through, until tender and golden-brown, 23-25 min.

4



## Sear chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown, 2-3 min per side. (**NOTE:** Chicken will finish cooking in step 5.)
- Remove the pan from heat. Transfer **chicken** to a foil-lined baking sheet.

2



## Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Combine **garlic** and **mayo** in a large bowl.
- Add **Italian dressing** and **baby spinach** to a medium bowl. Do not toss until step 6!

5



## Bake chicken

- Spoon **marinara sauce** over **chicken**, then sprinkle **Parmesan** over top.
- Bake in the **middle** of the oven until **cheese** is golden-brown and **chicken** is cooked through, 12-14 min.\*\*

3



## Bread chicken

- 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 **remaining garlic salt** and **pepper**.
- Pour **panko** into a shallow dish.
- Add **chicken** to bowl with **garlic-mayo mixture** and toss to coat.
- Working with **one chicken breast** at a time, press both sides into **panko** to coat completely.

6



## Finish and serve

- Toss **salad** to coat.
- Divide **chicken Parmesan**, **crispy potatoes** and **salad** between plates.

## Dinner Solved!