



BAKED CHICKEN PARMESAN

with Crispy Potatoes and Garlicky Green Beans



HELLO

CHICKEN PARMESAN

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

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 654



Chicken Breasts



Mayonnaise



Panko Breadcrumbs



Yukon Potatoes



Green Beans, trimmed



Pizza Sauce



Parmesan, shredded



Garlic



Italian Seasoning

BUST OUT

- 2 Baking Sheets
- Salt and Pepper
- Large Non-Stick Pan
- Olive or Canola oil
- Shallow Dish

INGREDIENTS

2-person | 4-person

- Chicken Breasts 1 pkg | 2 pkg
- Mayonnaise 3 3 pkg (2 tbsps) | 6 pkg (4 tbsps)
- Panko Breadcrumbs 1 1 pkg (½ cup) | 2 pkg (1 cup)
- Yukon Potatoes 1 pkg (340 g) | 2 pkg (680 g)
- Green Beans, trimmed 1 pkg (170 g) | 2 pkg (340 g)
- Pizza Sauce 1 pkg (¼ cup) | 2 pkg (½ cup)
- Parmesan, shredded 2 1 pkg (56 g) | 2 pkg (113 g)
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Italian Seasoning 1 pkg (1 tsp) | 2 pkg (2 tsp)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

* Laver et sécher tous les aliments.

** Cuire jusqu'à une température interne minimale de 175°F.

START STRONG

Preheat the oven to **450°F** (to roast the potatoes and chicken). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES
Wash and dry all produce.* Cut the **potatoes** into ¼-inch rounds. On a baking sheet, toss the potatoes with **Italian seasoning** and a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, flipping them over halfway through cooking, until the potatoes are golden-brown, 25-28 min.



2 PREP CHICKEN
Meanwhile, pat the **chicken** dry with paper towels. Season with **salt** and **pepper**. Pour the **panko** into a shallow dish. Coat the chicken all over with the **mayonnaise**. Working with one chicken breast at a time, press each breast into the panko to coat completely.



3 PAN-FRY CHICKEN
Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **chicken**. Pan-fry until golden-brown, 2-3 min per side. (It's okay if it doesn't cook all the way through at this step!) Transfer the chicken to a foil-lined baking sheet.



4 BAKE CHICKEN
Spoon the **pizza sauce** over the **chicken**, then sprinkle the tops with **Parmesan**. Bake in the centre of the oven until the cheese is golden and the chicken is cooked through, 12-14 min. (**TIP:** Cook to a minimum internal temperature of 175°F.**)



5 COOK BEANS
Meanwhile, mince or grate the **garlic**. Heat the same pan over medium-high heat. Add a drizzle of **oil**, then the **beans** and garlic. Cook, stirring occasionally, until the beans are tender-crisp, 5-6 min. Season with **salt** and **pepper**.



6 FINISH AND SERVE
Divide the **chicken Parmesan**, **roasted potatoes** and **green beans** between plates.

SAY CHEESE!

The best part is the layer of gooey cheese on top of breaded chicken.