



Baked Chicken Parmesan

with Crispy Potatoes and Garlic Green Beans

35 Minutes



Chicken Thighs*
280 g | 560 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)



-  Chicken Breasts*
2 | 4
-  Russet Potato
2 | 4
-  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
-  Garlic Salt
1 tsp | 2 tsp
-  Green Beans
170 g | 340 g

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.

Ingredient quantities	56 g	113 g
	2 person	4 person

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes**, **half the garlic salt** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Roast in the **bottom** of the oven, flipping halfway through, until tender and golden-brown, 23-25 min.

2



Prep chicken breasts

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

3



Sear chicken

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

4



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.**

5



Cook green beans

- Meanwhile, peel, then mince or grate **garlic**.
- Trim **green beans**.
- Reheat the same pan (from step 3) over medium-high.
- When hot, add **green beans** and ¼ cup (½ cup) **water**. Cook, stirring occasionally, until water evaporates, 4-5 min.
- Add **1 tbsp** (2 tbsp) **butter**, then **garlic**. Cook, stirring often, until **garlic** is fragrant and **green beans** are tender-crisp, 1 min. Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Divide **chicken Parmesan**, **crispy potatoes** and **green beans** between plates.

2 | Prep chicken thighs

Swap | Chicken Thigh

If you've opted to get **chicken thighs**, prep and cook them in the same way the recipe instructs you to cook the **chicken breasts****

* 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.

