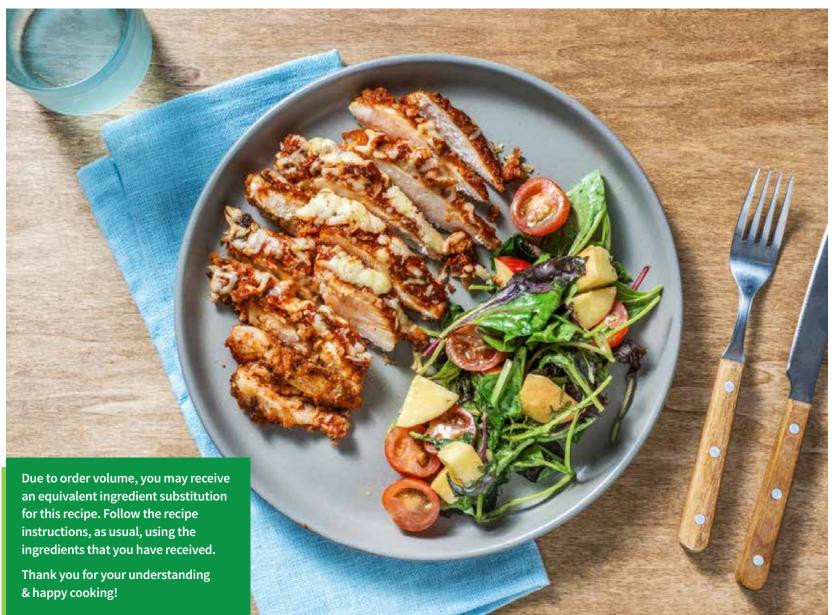


Cheesy Chicken Parmigiana

With Crisp Apple Salad

Family

35 Minutes





Chicken Breasts





Panko Breadcrumbs







Mozzarella Cheese, shredded

Marinara Sauce



White Wine Vinegar





Dijon Mustard



Spring Mix

Cherry Tomatoes

Start here

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

Bust Out

Baking sheet, measuring spoons, shallow dish, large bowl, whisk, large non-stick pan, paper towels

Ingredients

ingredients		
	2 Person	4 Person
Chicken Breasts	2	4
Mayonnaise	2 tbsp	4 tbsp
Panko Breadcrumbs	½ cup	1 cup
Gala Apple	1	2
Marinara Sauce	½ cup	1 cup
Mozzarella Cheese, shredded	⅓ cup	½ cup
White Wine Vinegar	1 tbsp	2 tbsp
Spring Mix	56 g	113 g
Dijon Mustard	1 ½ tsp	3 tsp
Cherry Tomatoes	113 g	227 g
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Start salad

Core, then cut **apples** into ½-inch pieces. Whisk together **mustard**, **vinegar**, **1 tsp sugar** and **2 tbsp oil** (dbl both for 4ppl) in a large bowl. Season with **salt**. Add the **apples** and toss together. Set aside.



Prep chicken

Pat **chicken** dry with paper towels. Carefully slice into centre of **each chicken breast**, lengthwise and parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book. Season both sides with **salt** and **pepper**. Pour **panko** into a shallow dish. Coat **chicken** all over with **mayo**. Working with **one chicken breast** at a time, press **each breast** into **panko** to coat completely.



Pan fry chicken

Heat a large non-stick pan over medium-high heat. When hot, add 2 tbsp oil, then chicken. Pan-fry, on one side, until golden-brown, 4-5 min. Flip each breast and add another 1 tbsp oil. Pan-fry, until golden brown, 4-5 min. (NOTE: Don't overcrowd the pan, cook in batches for 4ppl.)Transfer to a baking sheet.



Broil chicken

Spoon marinara sauce over chicken, then sprinkle with cheese. Broil in the middle of the oven, until cheese is golden and chicken is cooked through, 5-6 min.**



Toss salad

While the **chicken** broils, halve the **tomatoes**. Add **spinach**, **tomatoes** and **spring mix** to the bowl with **apples** and toss together.



Finish and serve

Thinly slice **chicken parmigiana**. Divide **chicken parmigiana** and **salad** between plates.

Dinner Solved!

Contact

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^{*} Pantry items

^{**} Cook to a minimum internal temperature of 74°C/165°F.