



# Cheesy Chicken Parmigiana

## With Crisp Apple Salad

Family 35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Mayonnaise



Panko Breadcrumbs



Gala Apple



Marinara Sauce



Mozzarella Cheese, shredded



White Wine Vinegar



Spring Mix



Dijon Mustard



Cherry Tomatoes

HELLO CHICKEN PARMIGIANA

*The best part is the layer of gooey cheese on top of the crispy chicken*

## 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

	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	¼ 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*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## 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.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## 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.



## 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.\*\*



## 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.



## Toss salad

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



## 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.



## Finish and serve

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

## Dinner Solved!