



CRISPY CHICKEN PARMIGIANA

with Cucumber-Apple Salad



HELLO

CHICKEN PARMIGIANA

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

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 633



Chicken Breasts



Mayonnaise



Panko Breadcrumbs



Mini Cucumbers



Gala Apple



Pizza Sauce



Parmesan, shredded



Lemon



Baby Spinach



Honey



Dijon Mustard

BUST OUT

- Large Bowl
- Whisk
- Measuring Spoons
- Shallow Dish
- Large Non-Stick Pan
- Baking Sheet
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Chicken Breasts 2 pkg (680 g)
- Mayonnaise 3 6 pkg (4 tbsp)
- Panko Breadcrumbs 1 1 pkg (1 cup)
- Mini Cucumbers 3
- Gala Apple 2
- Pizza Sauce 1 pkg (½ cup)
- Parmesan, shredded 2 1 pkg (113 g)
- Lemon 1
- Baby Spinach 1 pkg (56 g)
- Honey 1 pkg (1 tbsp)
- Dijon Mustard 6,9 ½ pkg (½ tsp)

ALLERGENS

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

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

START STRONG

Preheat the broiler to **high** (to broil the chicken).



1 MAKE SALAD
Wash and dry all produce. Cut the **cucumbers** and **apples** into ½-inch cubes. Juice the **lemon**. In a large bowl, whisk the **honey**, **2 tbsp lemon juice**, **½ pkg Dijon** and a drizzle of **oil**. Season with **salt**. Add the **cucumber** and **apple**.



4 BROIL CHICKEN
Spoon the **pizza sauce** over the **chicken**, then sprinkle the tops with **Parmesan**. Broil in the centre of the oven until the cheese is golden and the chicken is cooked through, 5-6 min. (**TIP:** Cook to a minimum internal temperature of 175°F.)



2 PREP CHICKEN
Pat the **chicken** dry with paper towel. 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.



5 FINISH AND SERVE
Add the **spinach** to the **cucumber** and **apple**, and toss to coat. Thinly slice the **chicken parmigiana** and divide between plates. Serve the chicken with a side of salad.



3 PAN-FRY CHICKEN
Heat a large non-stick pan over high heat. Add a drizzle of **oil**, the **chicken**. Pan-fry until golden-brown, 4-5 min per side. (It's okay if it doesn't cook all the way through at this step!) Transfer to a foil-lined baking sheet.

LEAN AND GREEN!

Spinach is a good source of Vitamin A - important for healthy vision.