



Crispy Chicken Parmigiana

with Cucumber-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



Mini Cucumber



Gala Apple



Marinara Sauce



Mozzarella Cheese, shredded



Lemon



Baby Spinach



Dijon Mustard

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, Large Bowl, Large Non-Stick Pan, Measuring Spoons, Paper Towels, Shallow Dish, Small Bowl, Whisk, Aluminum Foil

Ingredients

	4 Person	4 Person
Chicken Breasts	2	4
Mayonnaise	2 tbsp	4 tbsp
Panko Breadcrumbs	½ cup	1 cup
Mini Cucumber	132 g	198 g
Gala Apple	1	1
Marinara Sauce	½ cup	½ cup
Mozzarella Cheese, shredded	¼ cup	½ cup
Lemon	1	1
Baby Spinach	56 g	56 g
Dijon Mustard	1 ½ tsp	1 ½ tsp
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.

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1. MAKE SALAD

Core, then cut **apples** into ½-inch pieces. Cut **cucumbers** into ½-inch pieces. Juice **half the lemon**. Cut **remaining lemon** into wedges. Whisk together **mustard**, **1 tsp sugar**, **1/2 tbsp lemon juice** and **1/2 tbsp oil** (dbl all for 4 ppl) in a large bowl. Season with **salt**. Add **cucumbers** and **apples**, then toss together. Set aside.



4. BROIL CHICKEN

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



2. BREAD CHICKEN

Pat **chicken** dry with paper towels, then season 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.



5. FINISH AND SERVE

Add **spinach** to the bowl with **cucumbers** and toss together. Thinly slice **chicken parmigiana**. Sprinkle **remaining cheese** over **salad**. Divide **chicken parmigiana** and **salad** between plates. Squeeze over a **lemon wedge**, if desired.



3. PAN-FRY CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry, on one side, until golden-brown, 4-5 min. Flip **each breast** and add another **1 tbsp oil** (dbl for 4 ppl). Pan-fry, until golden brown, 4-5 min. (**NOTE:** It's okay if chicken is not cooked all the way through at this step!) Transfer to a foil-lined baking sheet.

Dinner Solved!