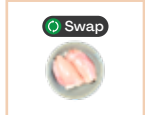




Crispy Chicken Parmigiana

with Baby Spinach Salad

Family Friendly 35 Minutes



Chicken Thighs ⁺
280 g | 560 g

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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](http://www.hellofresh.ca)



Chicken Breasts ⁺
2 | 4



Mayonnaise
2 tbsp | 4 tbsp



Panko Breadcrumbs
½ cup | 1 cup



Tomato
2 | 4



Marinara Sauce
½ cup | 1 cup



Parmesan Cheese, shredded
¼ cup | ½ cup



Baby Spinach
56 g | 113 g



Red Wine Vinegar
1 tbsp | 2 tbsp



Italian Seasoning
1 tsp | 2 tsp



Dijon Mustard
1 ½ tsp | 3 tsp



Yellow Onion
½ | 1

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.

Pantry items | Sugar*, oil*, salt*, pepper*

Cooking utensils | Baking sheet, measuring spoons, shallow dish, aluminum foil, large bowl, whisk, large non-stick pan, paper towels

1



Coat chicken

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

[Swap](#) | [Chicken Thighs](#)

- Combine **panko** and **1 tbsp** (2 tbsp) **Parmesan** in a shallow dish.
- 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 **salt**, **pepper** and **half the Italian Seasoning**.
- Coat **each chicken breast** all over with **mayo**.
- Working with **one chicken breast** at a time, press both sides into **panko mixture** to coat completely.

4



Cook onions

- Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch slices.
- Reheat the same pan (from step 2) over medium-high.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **onions** and **remaining Italian Seasoning**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until tender, 3-4 min.
- Transfer **onions** to a plate to cool slightly.

2



Pan-fry chicken

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** For 4 ppl, pan-fry chicken in batches, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown, 3-4 min per side.
- Transfer **chicken** to a foil-lined baking sheet.
- Carefully wipe the pan clean.

3



Broil chicken

- Spoon **marinara sauce** over **chicken**, then sprinkle with **remaining Parmesan**.
- Broil in the **middle** of the oven until **cheese** is golden-brown and **chicken** is cooked through, 4-6 min.**

5



Prep tomatoes and make dressing

- Cut **tomatoes** into ¼-inch pieces.
- Meanwhile, add **Dijon**, **vinegar**, ½ **tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.

6



Finish and serve

- Add **spinach**, **tomatoes** and **onions** to the bowl with **dressing**. Toss to combine.
- Divide **chicken parmigiana** and **salad** between plates.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Coat chicken thighs

[Swap](#) | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**. Disregard instructions to slice into the center of the **chicken**.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.



Issue with your meal? Scan the QR code to share your feedback.