



APR  
2017

## Crispy Chicken Parmigiana

with Cucumber-Apple Salad

Making crispy chicken parmesiana really isn't hard when you follow a few easy steps. Get your crumbing station ready. Generously coat the chicken with mayo, so the breadcrumbs really stick to it. Then, all that's left to do is to bake and enjoy this crispy Italian classic!

 **Prep**  
30 min



Chicken Breasts



Mayonnaise



Panko  
Breadcrumbs



Mini Cucumbers



Gala Apple



Mozzarella



Pizza Sauce



Parmesan Cheese



Lemon



Baby Spinach



Honey



Dijon Mustard

## Ingredients

		4 People
Chicken Breasts		2 pkg (680 g)
Mayonnaise	1)	6 pkg (4 tbsps)
Panko Breadcrumbs	5)	1 pkg (1 cup)
Mini Cucumbers		3
Gala Apple		2
Mozzarella, shredded	4)	1 pkg (1 cup)
Pizza Sauce		1 pkg (½ cup)
Parmesan, shredded	4)	1 pkg (½ cup)
Lemon		1
Baby Spinach		1 pkg (56 g)
Honey		1 pkg (1 tbsps)
Dijon Mustard	3) 2)	⅓ pkg (½ tsp)
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Egg/Oeuf
- 2) Mustard/Moutarde
- 3) Sulphites/Sulfites
- 4) Milk/Lait
- 5) Wheat/Blé

## Tools

Large Bowl, Measuring Spoons, Whisk, Shallow Dish, Large Non-Stick Pan, Baking Sheet

Ruler

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**Nutrition per person** Calories: 633 cal | Carbs: 36 g | Fat: 28 g | Protein: 57 g | Fibre: 4 g | Sodium: 728 mg

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

2



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

3



**2 Prep and make the 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 tbsps lemon juice**, **½ tsp Dijon** and a drizzle of **oil**. Season with **salt**. Add the cucumber and apple.

**3 Prep the 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.

**4 Cook the chicken:** Heat a large non-stick pan over high heat. Add a drizzle of **oil**, then 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.

5



**5 Spoon the pizza sauce over the chicken**, then sprinkle the tops with **mozzarella** and **parmesan**. Broil in the centre of the oven until the cheese is golden and the chicken is cooked through, 5-6 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

**6 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**. Enjoy!

**NUTRITION FACT:** Spinach is a good source of Vitamin A. This nutrient is important for healthy vision and also keeps the immune system working well.

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