

Crispy Chicken Parmigiana

with Cucumber-Apple Salad

Making crispy chicken parmigiana 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!





Chicken Breasts



Mayonnaise





Mini Cucumbers



Gala Apple



Mozzarella





Parmesan Cheese





Baby Spinach



Honey



Dijon Mustard

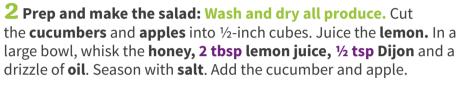
Ingredients		4 People	_	
Chicken Breasts		2 pkg (680 g) *Not Included	= = =	
Mayonnaise	1)	6 pkg (4 tbsp)	.⊑ .=	
Panko Breadcrumbs	5)	1 pkg (1 cup) Allergens	% in	
Mini Cucumbers		3 1) Egg/Oeuf	.⊑	
Gala Apple		2 2) Mustard/Mo		
Mozzarella, shredded	4)	1 pkg (1 cup) 3) Sulphites/Su	Ruler 0 in ¼ in	
Pizza Sauce		1 pkg (½ cup) 4) Milk/Lait	۳ / ₄ /	
Parmesan, shredded	4)	1 pkg (½ cup) 5) Wheat/Blé	5) Wheat/Blé	
Lemon		1	<u>.</u> 0	
Baby Spinach		1 pkg (56 g)	Tools	
Honey		1 pkg (1 then)	acuring Chaone	
Dijon Mustard	3) 2)			
Olive or Canola Oil*		WIIISK, SITALION		

Non-Stick Pan, Baking Sheet

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.



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





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.





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.