










Keto Chicken Parmigiana

with Buttery Green Beans

Keto Special

30 Minutes



-  Chicken Breasts ^{*}
2 | 4
-  Crushed Tomatoes with Garlic and Onion
1 | 2
-  Parmesan Cheese, shredded
½ cup | 1 cup
-  Bocconcini Cheese
100 g | 200 g
-  Green Beans
170 g | 340 g
-  Arugula and Spinach Mix
56 g | 113 g
-  Garlic, cloves
2 | 4
-  Chicken Broth Concentrate
1 | 2
-  Red Wine Vinegar
½ tbsp | 1 tbsp

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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Oil, salt, pepper, unsalted butter

Cooking utensils | Baking dish, measuring spoons, plastic wrap, large bowl, small pot, measuring cups, whisk, large non-stick pan, paper towels

Measurements
within steps

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

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then mince or grate **garlic**.
- Heat a small pot over medium heat.
- When hot add, ½ **tbsp** (1 tbsp) **oil**, then **garlic, crushed tomatoes** and **chicken broth concentrate**. Cook, stirring often, until warmed through, 6-8 min. Set aside.
- Meanwhile, drain then tear **boccconcini** into pieces. Season with **salt**.

2



Prep chicken

- Pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Cover **each chicken breast** with plastic wrap.
- Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each chicken breast** until ½-inch thick.

3



Sear chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp oil**, then **chicken**. (**NOTE:** Cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Pan-fry until golden-brown, 2-3 min per side.
- Transfer **chicken** to an 8x8-inch baking dish.
- Carefully wipe the pan clean.

4



Roast chicken

- Spoon **tomato sauce** over **chicken**. Top with **boccconcini** and **half the Parmesan**.
- Roast in the **middle** of the oven until **chicken** is cooked through, 12-14 min.**

5



Cook green beans

- Meanwhile, trim **green beans**.
- Reheat the same pan (from step 3) over medium.
- When hot, add **green beans** and ¼ **cup** (½ cup) **water**. Cook, stirring occasionally, until water evaporates, 4-5 min.
- Add **1 tbsp** (2 tbsp) **butter**. Cook, stirring often, until **green beans** are tender-crisp, 1 min. Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Whisk ½ **tbsp** (1 tbsp) **vinegar** and **1 tbsp** (2 tbsp) **oil** together in a large bowl. Add **arugula and spinach mix** and **remaining Parmesan**. Toss to combine.
- Divide **chicken, beans** and **salad** between plates.

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

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



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