



CHICKEN PARM SALAD

with Baby Spinach and a Creamy Lemon Dressing



HELLO

MEAL OF THE MONTH

A recipe so good, we're celebrating it all month long—if you love it, order it again next week!



Yukon Gold Potatoes



Parmesan Cheese
(Contains: Milk)



Chicken Breasts



Lemon



Panko Breadcrumbs
(Contains: Wheat)



Garlic Powder



Sour Cream
(Contains: Milk)



Baby Spinach

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 560**

START STRONG

For an extra-crispy crust, place the chicken under the broiler after you've baked it and broil until the crust is golden brown and toasty, about 1 minute.

BUST OUT

- 2 Baking sheets
- Small bowl
- Plastic wrap
- Large bowl
- Olive oil (4 tsp | 7 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|-----------------------|-----------------|
| • Yukon Gold Potatoes | 12 oz 24 oz |
| • Panko Breadcrumbs | ¼ Cup ½ Cup |
| • Parmesan Cheese | ¼ Cup ½ Cup |
| • Garlic Powder | 1 tsp 2 tsp |
| • Chicken Breasts | 12 oz 24 oz |
| • Sour Cream | 3 TBSP 6 TBSP |
| • Lemon | 1 1 |
| • Baby Spinach | 5 oz 10 oz |

HELLO WINE



PAIR WITH

Trilus California Chardonnay, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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1 PREHEAT OVEN AND ROAST POTATOES

Wash and dry all produce. Preheat oven to 450 degrees. Cut **potatoes** into ¾-inch cubes. Toss on a baking sheet with a drizzle of **olive oil** and a large pinch of **salt** and **pepper**. Roast in oven until lightly browned and tender, about 25 minutes, tossing halfway through.



4 CRUST AND BAKE CHICKEN

Place **chicken breasts** on a lightly oiled baking sheet and brush tops with **2 TBSP sour cream** (that's one pack—we'll be using more later). Press **panko mixture** into sour cream. Bake in oven until chicken is no longer pink in center and crust is crispy, 12-15 minutes.



2 MAKE CRUST

Meanwhile, combine ¼ cup **panko** (we sent more), **Parmesan**, **garlic powder**, and a pinch of **salt** and **pepper** in a small bowl.



5 MAKE SALAD

Halve **lemon**. Cut one half into wedges. In a large bowl, combine **1 TBSP sour cream** (you'll have some left over), a large drizzle of **olive oil**, a squeeze of lemon juice, and a pinch of **salt** and **pepper**. When **potatoes** are done, add to bowl along with **spinach** and toss to coat evenly. Season with salt and pepper.



3 POUND CHICKEN

Place a **chicken breast** between two pieces of plastic wrap. Pound with a rolling pin, mallet, or heavy-bottomed pan until ½ inch thick. Season with **salt** and **pepper**. Repeat with remaining chicken breast.



6 PLATE AND SERVE

Divide **salad** between plates and top with **chicken**. Serve with **lemon wedges** on the side for squeezing over.

SUCCESS!

A lighter twist on chicken parm? We'll say yes to that!

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