



OVEN-BAKED PARMESAN CHICKEN

with Roasted Broccoli & Garlic Bread

INGREDIENTS

2 SERVINGS | 4 SERVINGS



¼ Cup | ½ Cup
Panko Breadcrumbs
Contains: Wheat



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk



1 tsp | 2 tsp
Paprika



12 oz | 24 oz
Chicken Breasts



8 oz | 16 oz
Broccoli Florets



1 | 2
Demi-Baguette
Contains: Wheat



2 TBSP | 4 TBSP
Garlic Herb Butter
Contains: Milk



2 | 4
Oven-Ready
Aluminum Trays

HELLO

PARMESAN CHICKEN

A Parmesan-panko crust adds a layer of toasty flavor and oh-so-crispy texture to juicy chicken.



WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon:



PREP: 5 MIN

COOK: 25 MIN

CALORIES: 680



START STRONG

In step 2, we instruct you to brush the tops of your chicken with olive oil. We prefer to use a basting brush, but if you don't have one, simply use the back of your spoon to evenly coat.

BUST OUT

- Small bowl
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (5 tsp | 7 tsp)

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*Chicken is fully cooked when internal temperature reaches 165 degrees.



1 PREP & MAKE TOPPING

- Adjust rack to middle position and preheat oven to 425 degrees.
- In a small bowl, combine **panko**, **Parmesan**, **paprika**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper**.



3 ROAST BROCCOLI & CHICKEN

- Cut or tear **broccoli florets** into bite-size pieces, if necessary. Toss on second baking tray with a drizzle of **olive oil**, **salt**, and **pepper**. Place both trays on middle rack.
- Roast until chicken is crispy and cooked through and broccoli is tender and lightly browned at the edges, 15-20 minutes. (Broccoli may finish before chicken—if so, remove from oven and continue roasting chicken.)
- 4 SERVINGS: Divide broccoli between remaining 2 trays.



2 COAT CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **salt** and **pepper**. Place on 1 baking tray.
- Evenly brush tops of chicken breasts with a drizzle of **olive oil** each. Mound coated sides with **panko mixture**, pressing to adhere.
- 4 SERVINGS: Divide chicken between 2 trays.



4 FINISH & SERVE

- Meanwhile, halve **baguette** lengthwise. When chicken has 5 minutes left, toast baguette in oven or toaster oven until lightly golden.
- Spread cut sides of baguette with **garlic herb butter**.
- Divide **chicken**, **broccoli**, and **garlic bread** between plates. Serve.