



More than Food

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Parmesan-Crusted Chicken

with Balsamic Potato Salad and Garlic-Roasted Tomatoes

Who doesn't love crispy chicken? What we don't love are the extra dishes used in the traditional breading process! We've cut out the mess with a simple breading technique you'll use again and again. A tangy potato salad, sweet, blistered tomatoes complete this weeknight winner.



35 min



level 1



nut free



Chicken Breasts



Grape Tomatoes



Yukon Potatoes



Garlic



Scallions



Parmesan



Panko Breadcrumbs



Balsamic Vinegar



Dijon Mustard

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Grape Tomatoes	4 oz	8 oz
Yukon Potatoes	12 oz	24 oz
Garlic	2 cloves	4 cloves
Scallions	2	4
Parmesan	2) ¼ C	½ C
Panko Breadcrumbs	1) ¼ C	½ C
Dijon Mustard	2 t	4 t
Balsamic Vinegar	1 T	2 T
Olive Oil*	2 T + 1 t	4 T + 2 t

*Not Included

Allergens

- 1) Wheat
- 2) Dairy

Tools

Large Pot, Baking Sheet, Large Bowl, Small Bowl, Strainer

Ruler

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Nutrition per person Calories: 574 cal | Carbs: 42 g | Fat: 23 g | Protein: 51 g | Fiber: 5 g | Sodium: 465 mg



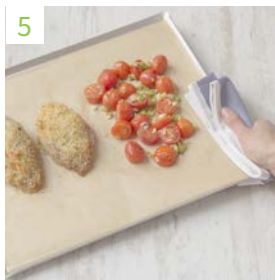
1 Preheat the oven to 400 degrees. Cut the **potatoes** into ½-inch cubes. Place them in a large pot with a large pinch of salt and cover with **water**. Bring to a boil and cook for 12-15 minutes, until fork-tender.

2 In a small bowl, combine the **panko**, **Parmesan**, **1 teaspoon olive oil**, and a pinch of **salt** and **pepper**.

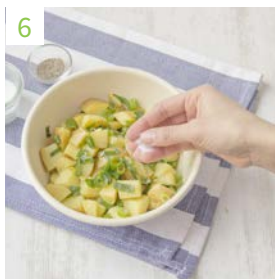


3 Place the **chicken breasts** on a lightly oiled baking sheet and season with **salt** and **pepper** on all sides. Spread each chicken breast with **1 teaspoon dijon mustard**. Spread half the **panko mixture** onto each **chicken breast** and press into the chicken to adhere. Place in the oven for 13-15 minutes, until cooked through and juices run clear when pierced with a knife.

4 While the **chicken** roasts, halve the **tomatoes**. Thinly slice the **scallions**, keeping the greens and whites separate. Mince or grate the **garlic**.



5 Remove the baking sheet from the oven and toss the **tomatoes** on one side with the **scallion whites**, **garlic**, and **1 teaspoon olive oil**. Season with **salt** and **pepper**. Return the baking sheet to the oven for 7-8 minutes, until the **tomatoes** burst and **chicken** finishes cooking.



6 Once the **potatoes** are done, drain and place in a large bowl. Toss with the **scallion greens**, **1 Tablespoon balsamic**, **5 teaspoons olive oil**, and a large pinch of **salt** and **pepper**.

7 Serve the **chicken** and **tomatoes** with the **balsamic potato salad** on the side. Enjoy!