



# BAKED CHICKEN PARMESAN

with Crispy Potatoes and Garlicky Green Beans

PRONTO



HELLO

## CHICKEN PARMESAN

Skip the deep-frying with our baked version of this Italian-American classic

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 840



Chicken Breasts



Mayonnaise



Panko Breadcrumbs



Yellow Potato



Green Beans



Tomato Pizza Sauce



Parmesan Cheese



Garlic



Italian Seasoning



## BUST OUT

- 2 Baking Sheets
- Paper Towel
- Garlic Press
- Shallow Dish
- Large Non-Stick Pan
- Salt and Pepper
- Aluminum Foil
- Olive or Canola oil
- Measuring Spoons

## INGREDIENTS

2-person | 4-person

- Chicken Breasts 340 g | 680 g
- Mayonnaise 3,9 2 tbsp | 4 tbsp
- Panko Breadcrumbs 1 ½ cup | 1 cup
- Yellow Potato 300 g | 600 g
- Green Beans 170 g | 340 g
- Tomato Pizza Sauce ⅓ cup | ⅔ cup
- Parmesan Cheese 2 ½ cup | 1 cup
- Garlic 6 g | 12 g
- Italian Seasoning 9 ½ tbsp | 1 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG



Preheat the oven to **450°F** (to roast the potatoes and chicken). Start prepping when the oven comes up to temperature!



**1 ROAST POTATOES** Wash and dry all produce.\* Cut the **potatoes** into ¼-inch rounds. On a baking sheet, toss the **potatoes** and ½ **tbsp Italian seasoning** (dbl for 4 ppl) with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping the **rounds** over halfway through cooking, until golden-brown, 25-28 min.



**4 BAKE CHICKEN** Spoon the **pizza sauce** over **each chicken breast**, then sprinkle over the **Parmesan**. Bake in the **top** of the oven until the **chicken** is cooked through and the **cheese** is golden-brown, 12-14 min. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F, as size may vary.\*\*)



**2 BREAD CHICKEN** Meanwhile, pat the **chicken** dry with paper towel. Season with **salt** and **pepper**. Into a shallow dish, add the **panko**. Coat the **chicken** all over with the **mayonnaise**. Working with **one chicken breast** at a time, press both sides into the **panko** to coat completely.



**5 COOK BEANS** Meanwhile, peel, then mince or grate **garlic**. Cut the stems off the **green beans**, if needed. Heat the same pan over medium-high heat. Add **1 tbsp oil** (dbl for 4 ppl), then the **green beans**. Cook, stirring occasionally, 3-4 min. Add the **garlic** and cook until the **green beans** are tender-crisp, 1-2 min. Season with **salt** and **pepper**.



**3 SEAR CHICKEN** Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **chicken**. Pan-fry until golden-brown, 2-3 min per side. (**NOTE:** It's okay if it doesn't cook all the way through at this step!) Remove the pan from the heat and transfer the **chicken** to a foil-lined baking sheet.



**6 FINISH AND SERVE** Divide the **chicken Parmesan**, **potatoes** and **green beans** between plates.

## SAY CHEESE!

The best part is the layer of crispy cheese on top of the breaded chicken.