

# **BAKED CHICKEN PARMESAN**

with Crispy Potatoes and Garlicky Green Beans





# HELLO -

## **CHICKEN PARMESAN**

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



Chicken Breasts



Mayonnaise



Panko Breadcrumbs



Yellow Potato



Green Beans



Tomato Pizza Sauce



omato Parmesan Cheese





Italian Seasoning

PREP: 10 MIN

TOTAL: 30 MIN

CALORIES: 840

#### **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

### ALLERGENS ALLERGENES

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 soya, les sulfites, les noix et le blé.

O Seafood/Fruit de Mer 6 Mustard/Moutarde

Italian Seasoning 9

½ tbsp | 1 tbsp

- 1 Wheat/Blé
- 7 Peanut/Cacahuète
- 2 Milk/Lait
- 8 Sesame/Sésame
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites
- 4 Soy/Soja
- 10 Crustacean/Crustacé
- 5 Tree Nut/Noix 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!



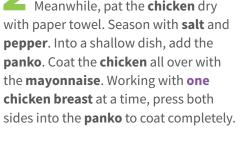
**ROAST POTATOES** Wash and dry all produce.\* Cut the **potatoes** into ¼-inch rounds. On a baking sheet, toss the potatoes and 1/2 tbsp Italian seasoning (dbl for 4 ppl) with 1 tbsp oil (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the middle of the oven, flipping the rounds over halfway through cooking, until golden-brown, 25-28 min.



**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.\*\*)



**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





**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.



**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 foillined baking sheet.



**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.