



AUG
2016

Crispy Chicken Parmigiana Salad

with Potatoes and Spinach

Everyone knows the best part of Chicken Parmigiana is the layer of crispy cheese on top of chicken. We're recreating that same combination, but lightening it up in salad form. We think it's the most delicious way to get in those leafy greens!

 Prep
30 min

 level 1



Chicken Breasts



Mini Yukon Potatoes



Spinach



Panko



Parmesan Cheese



Garlic Powder



Sour Cream



Lemon

Ingredients

	2 People	4 People	*Not Included
Chicken Breasts	2	4	
Mini Yukon Potatoes	1 pkg (340 g)	2 pkg (680 g)	Allergens
Baby Spinach	1 pkg (140 g)	2 pkg (280 g)	1) Wheat/Blé
Panko Breadcrumbs 1)	1 pkg (¼ cup)	2 pkg (½ cup)	2) Milk/Lait
Parmesan Cheese 2)	1 pkg (¼ cup)	2 pkg (½ cup)	
Garlic Powder	1 pkg (1 tsp)	2 pkg (2 tsp)	Tools
Sour Cream 2)	1 pkg (3 tbsp)	2 pkg (6 tbsp)	Shallow Dish, Heavy-Bottomed Pan, 2 Baking Sheets, Measuring Spoons, Large Bowl
Lemon	1	1	
Olive or Canola Oil*			

Nutrition per person Calories: 550 cal | Fat: 21g | Sat. Fat: 7g | Protein: 51g | Carbs: 46g | Sugar: 4g | Sodium: 378 mg | Fiber: 8g

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



1 Preheat your oven to 425°F. Start prepping when your oven comes up to temperature!

2 Roast the potatoes: Wash and cut the potatoes into ¾-inch cubes. Toss them on a baking sheet with a drizzle of oil. Season with salt and pepper. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 25-30 min.

3 Meanwhile, wash and dry all produce. In a shallow dish, combine the panko, Parmesan and garlic powder. Halve the lemon, cutting one of the halves into wedges.

4 Prep the chicken breasts: Working one at a time, place the chicken breasts between two pieces of plastic wrap. Pound the chicken with a mallet or heavy-bottomed pan until ½-inch thick. Season the chicken with salt and pepper.

5 Cook the chicken: Place the chicken on another lightly oiled baking sheet and spread each chicken breast with 1 tbsp sour cream (DO: measure out.) Press the panko mixture onto the sour cream to adhere. Bake in the centre of the oven until the chicken is cooked through and the top is crispy, 12-15 min. (TIP: Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

6 Make the salad: Meanwhile, in a large bowl, combine the remaining sour cream with a large drizzle of oil, and a squeeze of lemon juice (to taste.) When the potatoes are baked, toss them into the bowl with the dressing along with the spinach. Season to taste with salt and pepper.

7 Finish and serve: Serve the crispy chicken Parmigiana on a bed of spinach-potato salad, with wedges of lemon for squeezing over the chicken. Enjoy!



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