



SEP
2016

Crispy Chicken Parmesan Salad

with Spinach and Roasted Potatoes

Best part of chicken Parmesan? The thick layer of gooey, creamy cheese melted on top of crispy chicken. In this dish, we've recreated the same dreamy combination but given it a lighter twist by tossing in some greens. Needless to say, it's the best of both worlds.



Prep: 10 min
Total: 30 min



level 1



nut
free



Chicken
Breasts



Yukon
Potatoes



Spinach



Panko
Breadcrumbs



Parmesan
Cheese



Garlic
Powder



Sour
Cream



Lemon

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Spinach	5 oz	10 oz
Panko Breadcrumbs	1) 2) ¼ Cup	½ Cup
Parmesan Cheese	3) ¼ Cup	½ Cup
Garlic Powder	1 t	2 t
Sour Cream	3) 3 T	6 T
Lemon	1	1
Olive Oil*	4 t	8 t

*Not Included

Allergens

- 1) Wheat
- 2) Soy
- 3) Milk

Tools

Shallow dish, 2 Baking sheets, Plastic wrap, Large bowl

Nutrition per person Calories: 537 cal | Fat: 19 g | Sat. Fat: 7 g | Protein: 53 g | Carbs: 42 g | Sugar: 5 g | Sodium: 355 mg | Fiber: 9 g



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1 Prep: Wash and dry all produce. Preheat the oven to 450 degrees. In a shallow dish, combine the **panko, Parmesan cheese, garlic powder**, and a pinch of **salt** and **pepper**. Cut the **potatoes** into $\frac{3}{4}$ -inch cubes and toss on a baking sheet with a drizzle of **olive oil** and a large pinch of **salt** and **pepper**.



4

2 Roast the potatoes: Place the **potatoes** in the oven for 25 minutes, flipping once, until golden brown and tender.

3 Pound the chicken breasts: Working one at a time, place the **chicken breasts** between two pieces of plastic wrap. Pound with a rolling pin, mallet, or heavy-bottomed pan until $\frac{1}{2}$ -inch thick. Season with **salt** and **pepper**.



5

4 Bake the chicken: Place the **chicken** on a lightly oiled baking sheet and spread with **1 Tablespoon sour cream** each. Press the **panko mixture** into the **sour cream**. Place in the oven for 12-15 minutes, until the chicken is cooked through and crispy.

5 Make the dressing: Halve the **lemon**. Cut one of the halves into wedges. In a large bowl, combine **1 Tablespoon sour cream**, a large drizzle of **olive oil**, a squeeze of **lemon juice**, and a pinch of **salt** and **pepper**.



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6 Dress the spinach and potatoes: When the **potatoes** are ready, toss them into the bowl with the **dressing** along with the **spinach**. Season with **salt** and **pepper**.

7 Plate: Serve the **crispy chicken Parmesan** on a bed of **spinach salad** with a wedge of **lemon** for squeezing. Enjoy!

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