

Spinach and Parmesan Chicken with Baked Vegetables

hellóchef

This one's mouthwatering and sophisticated. Bon appetit!

Cals 523 • Prot 61 • Carbs 15 • Fat 24

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R2322



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Garlic cloves	2	3	4	Piece
Spinach	200	300	400	Grams
Parmesan 4*	30	45	60	Grams
Olive oil	1	2	2	Tbsp
Cooking cream 4*	100	200	200	ML
Water	100	100	200	ML
Butter 4*	10	20	20	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Vegetables				
Mushroom	250	500	500	Grams
Tomatoes	2	3	4	Piece
Olive oil	2	3	4	Tbsp
Dried oregano	2	2	4	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Allergens

*4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2174 / 523
Fat (g)	23.7
of which saturates (g)	14.4
Carbohydrate (g)	15
of which sugars (g)	6
Fiber (g)	4.5
Protein (g)	61.2
Salt (g)	1.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Bake vegetables

Preheat the oven to 200°C/180°C fan. Clean and quarter the **mushrooms**. Halve the **tomatoes**. Add the **mushrooms** and **tomatoes** to a baking tray drizzle with **olive oil**. Sprinkle with a pinch of **dried oregano, salt** and **pepper**. Bake for 25 min.



2 Prep sauce

Meanwhile, peel and mince the **garlic**. Roughly chop the **spinach**. Grate the **Parmesan**.



3 Fry chicken

Heat a non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken** and cook for 5 min on either side (it does not need to be cooked through at this stage). Transfer the **chicken** to a plate, reserve the pan.



4 Make sauce

Return the pan to a medium heat and add the **spinach** and **garlic**. Cook for 2 min or until the **spinach** has wilted. Add the **cooking cream, measured water, butter** and **Parmesan** and cook for 2 min further.



5 Add chicken

Return the **chicken** to the pan and cook it in the sauce for 3-4 min or until the sauce has thickened and the **chicken** is cooked through. Season with **salt** and a generous grind of **black pepper**.



6 Serve

Serve the creamy **spinach** and **Parmesan chicken** with the baked **tomatoes** and **mushrooms** to the side.