

# Parmesan Chicken

## with Classic Cauliflower Cheese and Salad

**hellóchef**

This one's all about the cheeeese!

Cals 606 • Prot 68 • Carbs 25 • Fat 27

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🕒 cook: 40 min

R2843





Before you start

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

Ingredients

| Parmesan chicken                   | 2 ppl | 3 ppl | 4 ppl |       |
|------------------------------------|-------|-------|-------|-------|
| Chicken breast                     | 400   | 600   | 800   | Grams |
| Grated Parmesan 4*                 | 30    | 45    | 60    | Grams |
| Garlic onion powder                | 4     | 4     | 8     | Grams |
| Salt                               | 0.5   | 0.5   | 1     | Tsp   |
| Cauliflower cheese                 |       |       |       |       |
| Cauliflower                        | 300   | 400   | 600   | Grams |
| Butter 4*                          | 10    | 20    | 20    | Grams |
| Corn starch                        | 10    | 15    | 20    | Grams |
| Chicken stock cube 4*, 5*, 9*, 15* | 1     | 1     | 1     | Piece |
| Whole milk 4*                      | 200   | 400   | 400   | ML    |
| Grated cheddar 4*                  | 60    | 90    | 120   | Grams |
| Salt                               | 0.5   | 0.5   | 1     | Tsp   |
| Black pepper                       | 0.5   | 0.5   | 1     | Tsp   |
| Salad                              |       |       |       |       |
| Lemon                              | 1     | 1     | 2     | Piece |
| Olive oil                          | 2     | 3     | 4     | Tbsp  |
| Salt                               | 0.5   | 0.5   | 1     | Tsp   |
| Baby spinach                       | 40    | 60    | 90    | Grams |

Allergens

\*4 Milk, \*5 Eggs, \*9 Soya, \*15 Celery

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)        | 2530 / 606   |
| Fat (g)                 | 26.5         |
| of which saturates (g)  | 12           |
| Carbohydrate (g)        | 25           |
| of which sugars (g)     | 9.6          |
| Fiber (g)               | 5.8          |
| Protein (g)             | 68.4         |
| Salt (g)                | 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 Boil cauliflower

Preheat the oven to 200°C/180°C fan. Bring a large pot of salted water to the boil. Chop the **cauliflower** into small florets. Cook the **cauliflower** in the pot of salted boiling water for 4 min or until tender and drain.



2 Make cheese sauce

Meanwhile, heat a saucepot over a medium heat. Once hot, add the **butter**, **corn starch** and {0.5/1/1} **chicken stock cube**. Cook, stirring continuously, for 1 min or until a sandy paste has formed. Gradually whisk in the **milk** and cook for 3 min further or until the sauce has thickened. Add half of the **cheddar** and whisk until combined. Season with **pepper** to taste.



3 Bake cauliflower

Place the **cauliflower** in a baking dish. Pour the **cheese sauce** over the **cauliflower** and give everything a good mix. Top with the remaining **cheddar** and bake for 20 min or until **cauliflower** is tender.



4 Prep chicken

Meanwhile, wrap each **chicken breast** in cling film. Using a rolling pin, bash the **chicken breasts** until approx 1 cm thick. Combine the **grated Parmesan**, **garlic onion powder** and a pinch of **salt** in a small bowl. Place the **chicken** onto a baking tray and evenly top with the **Parmesan** crumb.



5 Bake chicken

Bake the **chicken** for 8-10 min or until the **chicken** is cooked through and the cheese browns.  
**Tip!** To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



6 Serve

Meanwhile, in a large bowl add a squeeze of the **lemon** juice with the **olive oil** and a pinch of **salt**. Whisk until combined - this is your **dressing**. Toss the **spinach** in the **dressing** and serve it on the side. Divide the **Parmesan Chicken** among plates and serve the **cauliflower cheese** alongside.