

Parmesan Chicken

with Classic Cauliflower Cheese and Salad

hellóchef

This one's all about the cheeeese!

Cals 606 • Prot 68 • Carbs 24 • 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*	0.5	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)	2529 / 606
Fat (g)	26.8
of which saturates (g)	15.8
Carbohydrate (g)	24
of which sugars (g)	9.6
Fiber (g)	5.8
Protein (g)	68.4
Salt (g)	2.9

*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.