

Aussie Chicken Parma

with Fried Green Beans

hellóchef

Chicken parmigiana (pollo alla parmigiana in Italian!) is known in Australia as Parm, Parma, or Parmì. We hope this dish pays homage to all our Australian customers. Enjoy!

Cals 598 • Prot 65 • Carbs 49 • Fat 15

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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
Organic Eggs 5*	1	2	2	Piece
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Plain flour 10*, 11*	30	50	60	Grams
Garlic onion powder	4	4	8	Grams
Panko bread crumbs 10*, 11*, 12*	60	90	120	Grams
Vegetable oil	1	1	2	Tbsp
Grated mozzarella 4*	60	90	120	Grams

Tomato sauce				
Brown onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Tomato passata	200	400	500	Grams
Dried oregano	2	2	4	Grams
Smoked paprika powder	2	2	4	Grams
Brown sugar	5	8	10	Grams
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Water	150	125	200	ML

Green beans				
Green beans	150	250	300	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

***5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *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)	2507 / 598
Fat (g)	14.9
of which saturates (g)	7.8
Carbohydrate (g)	49
of which sugars (g)	15.1
Fiber (g)	6.7
Protein (g)	65.1
Salt (g)	4.1

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



1 Prep

Preheat the oven to 200°C/180°C fan. Whisk the **eggs** in a shallow bowl with a pinch of **salt** and **black pepper**. Add the **flour** and the **garlic onion powder** to a second shallow bowl and mix. Add the **panko bread crumbs** to a third shallow bowl. Peel and finely chop the **brown onion**. Peel and mince the **garlic**.

Tip! Adding a pinch of salt and black pepper to the eggs, flour and panko ensures a well seasoned mix.



2 Bread chicken

Wrap the **chicken breasts** in cling film and place them onto a chopping board. Using a rolling pin, bash the **chicken breasts** until almost halved in thickness. One by one, coat the **chicken breasts** in the **seasoned flour** before dipping them in the **beaten egg** and finally coating them in the **panko bread crumbs**. Place them onto a lined baking tray and set aside.



3 Make sauce

Heat a large pan over a medium-high heat with a drizzle of **oil**. Add the **onion** with a pinch of **salt** and fry for 5 min until softened. Add the **garlic** and fry for 1 min further. Add the **tomato passata, oregano, smoked paprika, brown sugar, {0.5/1/1} chicken stock cube** and the **measured water**. Simmer for 5 min until thickened, then pour into a serving jug and set aside. Wipe and reserve the pan.



4 Bake chicken

Return the reserved pan to a medium heat with another drizzle of **oil**. Once hot, add the **breaded chicken** and fry for 4-5 min on each side. Remove from the heat. Wipe and reserve the pan. Place the **chicken** back onto the baking tray and top with the **mozzarella**. Bake in the oven for 5-8 min until the **cheese** is melted and golden.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready!



5 Fry green beans

Meanwhile, trim the **green beans**. Return the reserved pan to a medium-high heat with another drizzle of **oil**. Once hot, add the **green beans** with a pinch of **salt**. Fry for 3-4 min. Remove from the heat and season with **black pepper**.



6 Serve

Divide the **Chicken Parma** among plates and serve the **green beans** and **tomato sauce** to the side.