

# Aussie Chicken Parma

with Chips and Salad

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 818 • Prot 68 • Carbs 88 • Fat 21

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🕒 cook: 30 min

R3406





Before you start

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

Ingredients

Chicken parma	2 ppl	3 ppl	4 ppl	
Chicken breast	300	500	600	Grams
Parmesan 4*	45	60	90	Grams
Plain flour 10*, 11*	50	50	100	Grams
Salt	1	2	2	Tsp
Garlic onion powder	4	8	8	Grams
Organic Eggs 5*	1	2	2	Piece
Panko bread crumbs 10*, 11*, 12*	60	90	120	Grams
Vegetable oil	1	2	2	Tbsp
Grated mozzarella 4*	60	90	120	Grams

Sides

Potatoes	600	900	1200	Grams
Vegetable oil	1	2	2	Tbsp
Salt	1	2	2	Tsp
Romaine lettuce	200	300	400	Grams
Olive oil	2	3	4	Tbsp
Balsamic vinegar 14*	15	22	30	ML
Black pepper	0.5	0.5	0.5	Tsp

Sauce

Brown onion	0.5	0.5	1	Piece
Garlic cloves	1	1	2	Piece
Tomato passata	200	200	400	Grams
Chicken stock cube 4*, 5*, 9*, 15*	0.5	0.5	1	Piece
Brown sugar	5	5	10	Grams
Fresh basil	15	15	15	Grams

Allergens

\*4 Milk, \*10 Wheat, \*11 Gluten, \*5 Eggs, \*12 Lupin, \*14 Sulphur Dioxide, \*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)	3428 / 818
Fat (g)	20.7
of which saturates (g)	11.1
Carbohydrate (g)	88
of which sugars (g)	14.5
Fiber (g)	12.9
Protein (g)	67.7
Salt (g)	3.6

\*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. Slice the **potatoes** (skins on) into **chips**. Add the **chips** to a baking tray. Drizzle with **oil** and sprinkle with **salt**. Toss the **chips** in the **oil** until they are fully coated. Bake for 30 min.



2 Bread chicken

Meanwhile, grate the **Parmesan**. In a bowl, combine the **flour**, **salt**, **pepper** and **garlic onion powder**. Add the **eggs** to a second bowl and whisk. Add the **panko** and **Parmesan** to a third bowl. Slice each **chicken breast** in half as if you were cutting a burger bun, so you are left with two thinner **chicken** escalopes.



3 Bake

Carefully turn the **chicken** in the **flour**, followed by the **eggs** and finally in the **panko**. Heat a pan over a medium heat with a generous drizzle of **oil**. Once hot, add the **chicken** to the pan and fry for 2 min on each side until golden. Transfer to a baking tray and bake for 10 min (reserve the pan – just wipe it clean).



4 Make sauce

Meanwhile, peel and very finely chop the **onions** {0.5/0.5/1} and **garlic**. Heat the reserved pan over a medium heat with a drizzle of **oil**. Add the **onions** {0.5/0.5/1} with a pinch of **salt** and fry for 6 min. Add the **garlic** and cook for 1 min further. Add the **tomato passata**, **stock cube** {0.5/0.5/1} and **brown sugar**. Reduce the heat to low and simmer for 10 min (add a splash of water if it gets too thick).



5 Prep

Meanwhile, chop the **romaine lettuce** roughly. Chop the **basil** leaves finely and add them to the **tomato sauce**. Once the **chicken** has been cooking for 10 min, top it with the **mozzarella**. Bake for 5 min further or until the **chicken** is cooked through.

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



6 Serve

In a large bowl, whisk together the **olive oil** and **balsamic vinegar**. Season with **salt** and **pepper**. Add the **romaine** and toss. Serve the **chicken parma** with the **sauce**, **chips** and **salad** to the side.