



# Chicken Parm Style Schnitzel with Roast Potatoes and Green Beans

Limited Edition 40-45 Minutes • 1 of your 5 a day

5



Potatoes



Green Beans



Mature Cheddar  
Cheese



Tomato Puree



Sun-Dried  
Tomato Paste



Breadcrumbs



Chicken Breasts

#### Pantry Items

Oil, Salt, Pepper, Sugar, Egg, Mayonnaise

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, grater, bowl, baking paper, rolling pin, frying pan and lid.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Green Beans**	150g	200g	300g
Mature Cheddar Cheese** 7)	40g	60g	80g
Tomato Puree	30g	60g	60g
Sun-Dried Tomato Paste	25g	50g	50g
Breadcrumbs 13)	50g	75g	100g
Chicken Breasts*	2	3	4

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Egg*	1	1	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>587g</b>	<b>100g</b>
Energy (kJ/kcal)	3099 /741	528 /126
Fat (g)	25.3	4.3
Sat. Fat (g)	7.2	1.2
Carbohydrate (g)	74.4	12.7
Sugars (g)	9.1	1.5
Protein (g)	56.8	9.7
Salt (g)	2.71	0.46

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.

Meanwhile, trim the **green beans**. Grate the **Cheddar cheese**.



## Time to Fry

Pop a large frying pan on high heat and add enough **oil** to coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **chicken** into the pan and fry until golden brown, 2-3 mins on each side. Adjust the heat if necessary.

Transfer the **chicken** to a baking tray and bake on the middle shelf of your oven until cooked through, 8-10 mins. Discard the oil from the **chicken** pan.

**IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Prep Time

In a small bowl, combine the **tomato puree**, **sun-dried tomato paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Mix well together and set aside.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk.

Put the **breadcrumbs** into another bowl and season with the **salt** (see pantry for amount) and **pepper**.



## Bring on the Beans

Meanwhile, wipe out the (now empty) frying pan and pop back on medium high heat with a drizzle of **oil**.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Turn the heat down to medium, then add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-5 mins.

Remove the pan from the heat.



## Bread the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film.

Pop onto a board, then give them a bash with a rolling pin or the bottom of a saucepan until they're 1-2cm thick. Season with **salt** and **pepper**.

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring they're completely coated. Transfer to a clean plate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.



## Finish and Serve

Once the **chicken** is cooked, remove from the oven and spread the **tomato sauce mixture** on top followed by the **cheese**. Return to the oven to bake until the **cheese** has melted, 2-3 mins.

When everything's ready, share the **chicken parm**, **roast potatoes** and **beans** between your plates.

Serve with a dollop of **mayo** (see pantry for amount) alongside for dipping.

## Enjoy!