



PANKO PARM POULET WITH POTATOES

over Baby Spinach in a Creamy Lemon Dressing



HELLO

CHICKEN PARMESAN

Crispy Parmesan and panko join forces to make a cheesy, crunchy crust

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 540



Panko Breadcrumbs
(Contains: Wheat)



Garlic Powder



Chicken Breasts



Lemon



Parmesan Cheese
(Contains: Milk)



Yukon Gold Potatoes



Sour Cream
(Contains: Milk)



Baby Spinach

START STRONG

The arrival of tender spring spinach always brings us joy, which is why we're keeping things fresh and treating it as a salad green here.

BUST OUT

- 2 Baking sheets
- Small bowl
- Plastic wrap
- Large bowl
- Olive oil (4 tsp | 7 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|-----------------------|-----------------|
| • Yukon Gold Potatoes | 12 oz 24 oz |
| • Panko Breadcrumbs | ¼ Cup ½ Cup |
| • Parmesan Cheese | ¼ Cup ½ Cup |
| • Garlic Powder | 1 tsp 2 tsp |
| • Chicken Breasts | 12 oz 24 oz |
| • Sour Cream | 3 TBSP 6 TBSP |
| • Lemon | 1 1 |
| • Baby Spinach | 5 oz 10 oz |

HELLO WINE

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1 PREP AND ROAST POTATOES

Wash and dry all produce. Preheat oven to 450 degrees. Cut **potatoes** into ¾-inch cubes. Toss on a baking sheet with a drizzle of **olive oil** and a large pinch of **salt** and **pepper**. Roast in oven until lightly browned and tender, about 25 minutes, tossing halfway through.



4 CRUST AND BAKE CHICKEN

Place **chicken breasts** on a lightly oiled baking sheet and brush tops with **2 TBSP sour cream** (we'll be using more later). Press **panko mixture** into sour cream. Bake in oven until chicken is cooked through and crust is crispy, 12-15 minutes.



2 MAKE CRUST

Meanwhile, combine **panko**, **Parmesan**, **garlic powder**, and a pinch of **salt** and **pepper** in a small bowl.



5 MAKE SALAD

Halve **lemon**. Cut one half into wedges. In a large bowl, combine **1 TBSP sour cream** (you'll have some left over), a large drizzle of **olive oil**, a squeeze of **lemon juice**, and a pinch of **salt** and **pepper**. When **potatoes** are done, add to bowl along with **spinach** and toss to coat evenly. Season with **salt** and **pepper**.



3 POUND CHICKEN

Place a **chicken breast** between two pieces of plastic wrap. Pound with a rolling pin, mallet, or heavy-bottomed pan until ½-inch thick. Season with **salt** and **pepper**. Repeat with remaining **chicken breast**.



6 PLATE AND SERVE

Divide **salad** between plates and top with **chicken**. Serve with **lemon wedges** on the side for squeezing over.

SUCCESS!

A lighter twist on chicken parm? We'll say yes to that!



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