

Chicken and Serrano Parmigiana Style Sandwich

with Mozzarella, Pesto, Chips and Tomato Salad

Street Food 40-45 Minutes • 1 of your 5 a day



Serrano Ham



Potatoes



British Chicken Breasts



Breadcrumbs



Marinara Sauce



Mozzarella



Baby Plum Tomatoes



Balsamic Vinegar



Pesto



Ciabatta



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Egg, Sugar, Olive Oil

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, baking paper, rolling pin, saucepan, bowl, whisk and frying pan.

Ingredients

Ingredients	2P	3P	4P
Serrano Ham**	3 slices	5 slices	6 slices
Potatoes	450g	700g	900g
British Chicken Breasts**	2	3	4
Breadcrumbs 13	50g	75g	100g
Marinara Sauce	120g	180g	240g
Mozzarella** 7	1 ball	1½ balls	2 balls
Baby Plum Tomatoes	125g	190g	250g
Balsamic Vinegar 14	12ml	18ml	24ml
Pesto 7	32g	64g	64g
Ciabatta**** 13	2	3	4
Baby Leaf Mix**	50g	70g	100g
Pantry	2P	3P	4P
Egg*	1	2	2
Salt for the Breadcrumbs*	½ tsp	1 tsp	1 tsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge ****Please use the ciabatta within 2 days of the delivery day.

Nutrition

Typical Values for uncooked ingredient	Per serving 780g	Per 100g 100g
Energy (kJ/kcal)	4344/1038	557/133
Fat (g)	31.1	4.0
Sat. Fat (g)	10.4	1.3
Carbohydrate (g)	119.3	15.3
Sugars (g)	14.1	1.8
Protein (g)	75.6	9.7
Salt (g)	6.17	0.79

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

Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

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, mollusc, 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

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1 Chop your Chips

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

When hot, pop the **Serrano ham** onto a large baking tray and cook on the top shelf of your oven until crispy and golden, 5-7 mins. Remove, then transfer to a plate for later.

Meanwhile, chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** 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, bake on the middle shelf until golden, 30-35 mins. Turn halfway through.



4 Parmigiana Time

While the **chicken** fries, in a small bowl, mix together the **marinara** and **sugar for the sauce** (see pantry for amount).

Drain the **mozzarella** and cut into 1cm slices widthways (1 per person). Set aside.

Chop the remaining **mozzarella** into 1cm chunks. Halve the **baby plum tomatoes**.

Once the **chicken** is cooked, remove from the oven, spread over the **marinara sauce** and top with a **mozzarella slice**. Return to the oven and bake until the **cheese** has melted, 4-5 mins.



2 Crumb the Chicken

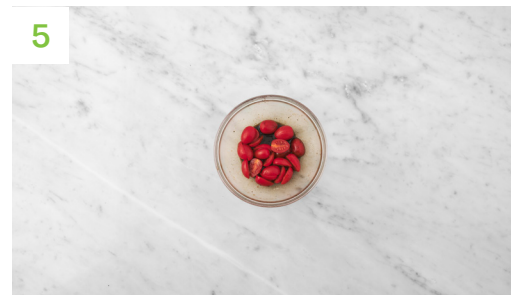
While the **chips** are in the oven, sandwich each **chicken breast** between two pieces of baking paper or cling film.

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

Crack the **egg** (see pantry for amount) into a medium bowl and whisk. Put the **breadcrumbs** into another medium bowl, season with the **salt** (see pantry for amount) and **pepper**.

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's 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.



5 Dress to Impress

Meanwhile, in a medium bowl, mix together the **balsamic vinegar** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Add the **baby plum tomatoes** to the **dressing** and toss to coat.

Halve the **ciabatta**. Pop into the oven until warmed through, 2-3 mins.



3 Get Frying

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 the (now empty) baking tray and bake on the top 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.



6 Serve Up

Spread the **pesto** on the cut sides of each **ciabatta**. Top the **bases** with a handful of **baby leaves**, then top with your **chicken parmigiana**, followed by the crispy **Serrano ham**. Sandwich shut with the **ciabatta lid**.

Toss the remaining **baby leaves** and **chopped mozzarella** through the **basilamic dressing** and **tomatoes**.

Serve your **sandwiches** with your **chips** and **salad** alongside.

Enjoy!