

Skinnytaste Baked Chicken Parmesan

WITH GREEN BEANS

Meal Kit



Prep & Cook Time

40-50 MIN

Cook Within

5 DAYS

Difficulty Level

INTERMEDIATE

Spice Level

NOT SPICY

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Mixing Bowl, Microwave-Safe Bowl, Large Non-Stick Pan

Ingredients

2 fl. oz. Marinara Sauce
1 oz. Shredded Mozzarella
1 Lemon
¼ cup Italian Breadcrumbs
12 oz. Trimmed Green Beans
12 oz. Boneless Skinless Chicken Breasts
.3 oz. Butter
½ oz. Grated Parmesan Cheese

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/23181

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Turn oven on to **450 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray



1. Prepare Ingredients and Flatten Chicken

- Halve **lemon** lengthwise and cut into wedges.
- In a mixing bowl, combine **breadcrumbs** and **Parmesan**. Set aside.
- Place **butter** in a microwave-safe bowl and microwave until melted, 30-45 seconds. Set aside.
- Pat **chicken** dry. On a separate cutting board, cover chicken with plastic wrap and pound with a heavy object into an even thickness. *Feel free to use a disposable gallon-size bag instead of wrap.* Remove wrap. Season chicken on both sides with a pinch of **pepper**.



2. Start the Chicken

- Lightly brush **chicken** on both sides with **melted butter**. Transfer to bowl with **breadcrumb-Parmesan mixture** and flip until coated on both sides, pressing gently to adhere.
- Place chicken on prepared baking sheet. Spray evenly with **cooking spray**.
- Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 15-18 minutes.
- While chicken roasts, continue recipe.



3. Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **green beans** to hot pan and stir occasionally, 1 minute.
- Add ¼ cup **water** and a pinch of **salt** and **pepper**. Cover and cook until tender, 6-8 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.*
- Remove from burner.
- While green beans cook, continue recipe.



4. Finish the Chicken

- Carefully remove baking sheet from oven. Top **chicken** with half the **marinara** (remaining is yours to use as you please!) and **mozzarella**.
- Roast in hot oven until cheese is melted, 5-6 minutes.
- Carefully remove from oven.



5. Finish the Dish

- Plate dish as pictured on front of card, squeezing **lemon wedges** over **green beans** to taste. Bon appétit!