



# Spicy Chicken Parmesan

WITH CRISPY ZUCCHINI

Meal Kit



## Prep & Cook Time

35-45 MIN

## Cook Within

5 DAYS

## Difficulty Level

EXPERT

## Spice Level

MILD

## You Will Need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Baking Sheet, 2 Mixing Bowls

## Ingredients

- 1/4 tsp. Red Pepper Flakes
- 2 oz. Shredded Mozzarella
- 4 oz. Marinara Sauce
- 1/2 tsp. Garlic Salt
- 1/4 cup Panko Breadcrumbs
- 1 oz. Shredded Parmesan Cheese
- 2 Zucchini
- 5 fl. oz. Canola Oil

## 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.

## Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

View nutritional information at [www.homechef.com/23518](http://www.homechef.com/23518)

\*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 **425 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray
- Only half the **red pepper flakes** is used in this recipe
- Ingredient(s) used more than once: **panko**



### 1. Prepare the Ingredients

- Trim **zucchini** ends and slice into 1/2" rounds.
- In a mixing bowl, combine **marinara** and half the **red pepper flakes** (to taste; remaining is yours to use as you please!).
- Combine half the **panko** (reserve remaining for chicken) and **Parmesan** in another mixing bowl. Set aside.



### 2. Prepare the Chicken

- Pat **chicken** dry.
- Cover chicken with plastic wrap. You may also use a *gallon bag* for easier clean-up. Pound with a heavy object to an even 1/4" thickness.
- Remove plastic wrap. Coat one side of chicken evenly with reserved **panko**, pressing gently to adhere. If **panko** doesn't stick, spray chicken with **cooking spray**.



### 3. Start the Zucchini

- Place **zucchini** on prepared baking sheet and toss with 1 tsp. **olive oil**, **garlic salt**, and a pinch of **pepper**. Massage olive oil and seasoning into zucchini.
- Spread into a single layer and top evenly with **Parmesan-panko mixture**. Roast in hot oven, 12 minutes.
- *Zucchini will finish cooking in a later step.*
- While zucchini roasts, continue recipe.



### 4. Start the Chicken

- Place a medium non-stick pan over medium heat and add **canola oil**. Let heat, 5 minutes.
- While oil heats, line a plate with a paper towel.
- After 5 minutes, test oil temperature by adding a pinch of **panko** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Add **chicken** to hot pan, panko-side down, and cook until golden brown and chicken reaches a minimum internal temperature of 165 degrees, 4-6 minutes per side.
- Remove from burner. Transfer to towel-lined plate and season with a pinch of **salt** and **pepper**. Rest, 2 minutes.



### 5. Finish Chicken and Finish Dish

- After 12 minutes, carefully remove from oven. Push **zucchini** to one side of baking sheet. *Sheet will be hot! Use a utensil.*
- Transfer **chicken** to now-empty space on baking sheet. Top evenly with **marinara mixture** and **mozzarella**.
- Roast again in hot oven until **mozzarella** has melted and **panko** on zucchini is golden-brown, 5-6 minutes.
- Carefully remove from oven.
- Plate dish as pictured on front of card. Bon appétit!