



NUTRITION *per serving* 104g carbohydrates 38g fat 84g protein 1237mg sodium | soy-free, shellfish-free, nut-free



Calories
1083



Prep & Cook Time
45-55 min.



Cook Within
5 days



Difficulty
Intermediate



Spice Level
Not Spicy



HOME CHEF

Classic Chicken Parmesan

with spaghetti and garlic bread

IN YOUR BOX

4 fl. oz. Liquid Egg
2 Garlic Cloves
1 Mini Baguette
2 Boneless Skinless Chicken Breasts
6 oz. Spaghetti
1 ½ cup Panko Breadcrumbs
¾ oz. Grated Parmesan Cheese
12 fl. oz. Marinara Sauce
1 ½ oz. Shredded Mozzarella

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Medium Pot
Baking Sheet
Colander
2 Mixing Bowls
Small Bowl
Medium Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Bring a **medium** pot of **lightly salted water** to a boil
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Place a colander in the sink
- Separation is natural when shipping liquid eggs. **Shake well before using.**

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up! Parmesan** is used twice. Half is used in **garlic bread** and remaining garnishes dish.
- **Heads Up! Marinara** is used twice. 4 Tbsp. goes on **chicken** and remaining sauces **pasta**.

FROM THE CHEF

Return cooked spaghetti to pot after draining in colander and toss with 2 tsp. olive oil to prevent sticking. We rarely rinse cooked pasta under water, as it removes starches and can prevent sauce from sticking to pasta.

Did you know...

Chicken Parmesan, including versions made with veal, eggplant, and served in sandwich form, is a staple menu item throughout Italian restaurants in the U.S. It first came into popularity in the early 1950s.



1

Prepare the Ingredients

Mince **garlic**. Halve **baguette**. Rinse **chicken breasts**, pat dry, and season each side with ¼ tsp. **salt** and a pinch of **pepper**.



2

Cook the Pasta

Add **spaghetti** to boiling water and cook 7-10 minutes, or until al dente. Drain in colander, return to pot, and toss with 2 tsp. **olive oil** to prevent sticking. Set aside.



3

Set Up the Breeding Station

Place **panko** and **liquid eggs** in two separate medium mixing bowls. Dip **chicken breasts** in panko, shake off any excess, then dip into liquid eggs. Dip chicken in panko again and place on a plate.



4

Bake the Chicken

Place **chicken** on one half of prepared baking sheet and bake 10 minutes, or until just beginning to brown. While chicken is baking, combine 1 Tbsp. **olive oil**, **half the Parmesan** (reserve remaining for garnish), and **garlic** in a small bowl. Spread mixture on cut sides of bread.



5

Finish Chicken and Warm Sauce

Once chicken has baked 10 minutes, add **bread** to other half of baking sheet. Spoon 2 Tbsp. **marinara** over each **chicken breast** and top with **mozzarella**. Return baking sheet to oven and bake 4-6 minutes, or until cheese is bubbly and chicken reaches a minimum internal temperature of 165 degrees. Add remaining marinara to a medium pan over medium heat and cook 5 minutes, or until warmed through.



6

Plate the Dish

Place cooked **pasta** on a plate and top with **marinara sauce**. Serve **chicken** atop pasta with **garlic bread** on side. Garnish with remaining **Parmesan**.