



**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**

#### 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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**HOME CHEF**

## Classic Chicken Parmesan

with spaghetti and garlic bread

## 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.*



## 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**.



## 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.



## Set Up the Breading 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.



## 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.



## 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.



## 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**.