

MARLEY SPOON



Chicken Parm Heroes

with Arugula Salad



under 20min



2 Servings

Making dinner doesn't always have to be a big production. We're all about finding ways to make weeknight cooking fast and easy without sacrificing flavor. Here we cut the prep for this new-spin on chicken Parmesan. Pre-cooked shredded chicken breast simmers in tomato sauce, then gets piled onto toasted bread and topped with fresh mozzarella. It's the perfect lightened-up take on a classic dish, and it's ready in 20 minutes.

What we send

- 1 baguette ¹
- garlic
- ½ lb pkg ready to heat chicken
- ¼ oz fresh parsley
- 3¾ oz mozzarella ²
- ¾ oz Parmesan ²
- 8 oz tomato sauce
- 5 oz arugula

What you need

- olive oil
- kosher salt & ground pepper
- sugar
- balsamic vinegar (or red wine vinegar)

Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

Allergens

Wheat (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 25g, Carbs 54g, Protein 51g



1. Toast bread

Preheat broiler with a rack in the top position.

Split **bread** lengthwise, then cut in half crosswise. Drizzle cut sides with **oil** and season with **salt** and **pepper**. Transfer, oiled side up, to a rimmed baking sheet. Broil on top oven rack until golden brown, 2-3 minutes (watch closely as broilers vary).



4. Broil chicken parm

Top **bread** with **chicken-tomato sauce mixture**, then top with **mozzarella** and **Parmesan**.

Broil on top oven rack until cheese is melted, about 4 minutes (watch closely).



2. Prep ingredients

Finely chop ½ **teaspoon garlic**. Using your fingers or two forks, shred **chicken** into bite-sized pieces. Pick **parsley leaves** from stems; discard stems and tear leaves into bite-sized pieces.

Thinly slice **mozzarella**. Finely grate **Parmesan**.



5. Make salad & serve

While **sandwiches** broil, toss **arugula** in a medium bowl with 1 **teaspoon oil** and ½ **teaspoon vinegar**. Season to taste with **salt** and **pepper**.

Serve **chicken parm** with **arugula salad** alongside. Enjoy!



3. Warm chicken & sauce

Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add **chopped garlic** and cook, stirring, until fragrant, about 30 seconds. Carefully stir in **tomato sauce, chicken, parsley**, and a **pinch each of sugar and pepper**. Cook until sauce is reduced by half, about 2 minutes. Season to taste with **salt** and **pepper**.



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.