

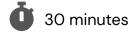




Baked Chicken Parmigiana

with Fresh Salsa

A speedy baked chicken parmigiana with Napoli sauce and melty cheese served with golden potato wedges and family-friendly salsa.





2 servings



Chicken

Make Loaded Wedges!

Dice and cook the chicken in a pan, add to the top of the cooked wedges, and top with sugo and cheese. Return to oven for 5 minutes until the cheese melts! Garnish with diced salsa.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES
50g 25g 80g

FROM YOUR BOX

MEDIUM POTATOES	3
CHICKEN SCHNITZELS	300g
TOMATO SUGO	1 jar
SHREDDED CHEESE	1 packet
ТОМАТО	1
LEBANESE CUCUMBER	1
RED APPLE	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, balsamic vinegar

KEY UTENSILS

oven tray, oven dish

NOTES

Leave the wedges in the oven for longer for a crispier finish if preferred.

Cut the chicken schnitzels into smaller pieces if preferred.



1. ROAST THE WEDGES

Set oven to 220°C.

Cut potatoes into wedges or chips and toss on a lined oven tray with oil, salt and pepper. Roast on top rack of oven for 20-25 minutes until golden and cooked through (see notes).



2. BAKE THE CHICKEN

Place schnitzels in a lined oven dish (see notes). Sprinkle with 1 tsp rosemary, salt and pepper. Pour over tomato sugo and an even layer of cheese. Bake for 20 minutes or until chicken is cooked through.



3. PREPARE THE SALSA

Dice tomato, cucumber and apple. Toss together with 1 tsp balsamic vinegar and 1 tsp olive oil.



4. FINISH AND SERVE

Serve chicken with wedges and a side of salsa.



