



FOR the  
Little ones



# Chicken PaRMiGiana

Speedy baked chicken parmigiana topped with melty cheese and served with golden potato wedges and family-friendly veggies.

30 Minutes

2 Servings

Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	59g	49g	89g

## FROM YOUR BOX

MEDIUM POTATOES	3
CHICKEN SCHNITZELS	300g
TOMATO SUGO	1 jar
SHREDDED CHEDDAR CHEESE	1 packet
BROCCOLI	1
CARROT	1

## FROM YOUR PANTRY

oil for cooking, olive oil or butter, salt, pepper, dried oregano

## COOKING TOOLS

oven tray, oven dish, frypan

You can make mashed potatoes instead of wedges if preferred! This dish is also great served with pasta!

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



### 1. Roast the Potatoes

Set oven to 220°C.

Cut **potatoes** into wedges and toss on a lined oven tray with **oil, salt and pepper**. Roast on top rack of oven for 25 minutes or until golden and cooked through.

**tip** The thinner you cut the wedges, the shorter the cooking time!



### 4. finish and serve

Serve baked **chicken parmigiana** with golden **wedges** and a side of **vegetables**.



### 2. Bake the chicken

Place **chicken** in a lined oven dish. Sprinkle with **1/2 tsp oregano, salt and pepper**. Pour over **tomato sugo** and add an even layer of **cheese**. Bake for 15-20 minutes or until **chicken** is cooked through.



### 3. Cook the vegetables

Bring a frypan with **2 cups water** to a simmer. Cut **broccoli** into florets and slice **carrot**. Add to simmering water and cook for 5-7 minutes until tender. Drain and toss with **1-2 tbsp olive oil** or **butter**.

**tip** You can add the veggies to the oven tray with the potatoes if you prefer!