



for the
little ones



PaRMesAN chicken

Golden panko and parmesan crumbed chicken schnitzels served with broccoli and pasta tossed in a simple tomato sauce.

 35 Minutes

 2 Servings

 Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	17g	60g

FROM YOUR BOX

LONG PASTA	500g
BROCCOLI	1
PANKO CRUMBS	30g
GRATED PARMESAN CHEESE	1 bag
CHICKEN SCHNITZELS	300g
SHALLOT	1
CARROT	1
TOMATO SUGO	1 jar

FROM YOUR PANTRY

oil and butter for cooking, salt, pepper

COOKING TOOLS

large saucepan, large frypan

Add broccoli to the sauce if you prefer! You can toss pasta with pesto instead of the sugo.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option – pasta is replaced with GF pasta. Panko is replaced with GF bread crumbs.



1. COOK the Pasta

Bring a large saucepan of water to a boil. Add **1/2 packet spaghetti** and cook for 7 minutes (see next step).

tip Stir a few times to ensure the pasta doesn't stick together while cooking.



2. ADD the BROCCOLI

Cut **broccoli** into small florets. Add to pan with **pasta** and cook for 3-4 minutes or until **pasta** is al dente. Drain and rinse **pasta**. Set **broccoli** aside and reserve saucepan (step 5).

tip Toss broccoli with some butter or olive oil, salt and pepper if you like.



3. CRUMB the chicken

In the meantime, transfer **panko crumbs** to a bowl or plate and add **1/4 bag parmesan**. Press **chicken schnitzels** into **crumb** to coat.

tip Cut into nuggets before crumbing if you think that works better for your family.



4. COOK the chicken

Heat a frypan with **2 tbsp oil/butter** over medium heat. Add crumbed **chicken** and cook (in batches) for 5-6 minutes on each side or until cooked through.



5. Make the Sauce

Dice **shallot** and finely grate **carrot**. Add to reserved saucepan with **oil** and cook for 5 minutes. Stir in **sugo** and **1 cup water**. Cook covered for 5 minutes. Toss in **pasta**.

tip Steam the carrot and toss pasta with just sugo or butter if kids prefer!



6. FINISH AND SERVE

Season **pasta** to taste with **salt and pepper**. Slice **chicken**.

Serve **pasta** with **parmesan chicken** and **broccoli**. Garnish with **remaining parmesan** (to taste).