

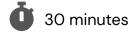




Baked Chicken Parmigiana

with Fresh Salsa

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





4 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.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

MEDIUM POTATOES	800g
CHICKEN SCHNITZELS	600g
TOMATO SUGO	1 jar
SHREDDED CHEESE	1 packet
ТОМАТО	1
LEBANESE CUCUMBERS	2
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, cucumbers and apple. Toss together with 1/2 tbsp balsamic vinegar and 1/2 tbsp olive oil.



4. FINISH AND SERVE

Serve chicken with wedges and a side of salsa.



