



Product Spotlight: Apple

Apples contain 25% air, which means they float in water, and you can play apple bobs with them!



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.



30 minutes



4 servings



Chicken

27 January 2023

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 |
|------------|---------|-----------|---------------|
| | 47g | 21g | 65g |

FROM YOUR BOX

| | |
|--------------------|----------|
| MEDIUM POTATOES | 800g |
| CHICKEN SCHNITZELS | 600g |
| TOMATO SUGO | 1 jar |
| SHREDDED CHEESE | 1 packet |
| TOMATO | 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).



4. FINISH AND SERVE

Serve chicken with wedges and a side of salsa.



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**.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

