



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

4/6 Servings

Chicken

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	44g/48g	34g/39g	71g/76g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
CHICKEN SCHNITZELS	600g	600g + 300g
TOMATO SUGO	1 jar	2 jars
SHREDDED CHEDDAR CHEESE	1 packet	2 packets
BROCCOLI	1	2
CARROTS	2	3

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 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 **carrots**. 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!